

OTTAWA metro®

NEWS WORTH SHARING.



INTRODUCING
New
QUINOA BARS.

LOVE THE HARVEST

HARVEST CRUNCH
QUINOA
CHOCOLATE-NUT-MERLET

QUIZ SHOW

IS YOUR INABILITY TO DECIDE WHICH SHOWS TO WATCH LEAVING YOU AS FRUSTRATED AS AN INFOMERCIAL STAR TRYING TO OPEN A JAR OF SALSA? LET METRO HELP

PAGE 24



Man swallowed by sinkhole still shaken

Juan Pedro Unger says one year on, he's still a nervous driver **PAGE 4**

Because the night ...

Patti Smith smiles and waves during her opening performance at The Ottawa Folk Festival. Organizers had to scramble after the opening headliner Neil Young and Crazy Horse cancelled when guitarist Frank "Poncho" Sampedro suffered a hand injury. **FOR MORE ON THE FESTIVAL, SEE PAGE 10**



MARC DES ROSIERS/FRONTPAGE PHOTOGRAPHY

Quebec corruption probe creates shockwaves

NCC. Board member steps down temporarily after being named at Charbonneau Commission



SEAN MCKIBBIN
sean.mckibbin@metronews.ca

An NCC board member is

stepping down temporarily after being mentioned in testimony in the Charbonneau commission, a judicial inquiry into corruption in Quebec's construction industry.

"National Capital Commission (NCC) Chair, Russell Mills, has announced this afternoon that Mr. François Paulhus has temporarily stepped down from the NCC's Board of Directors effective immediately," a short news release from the commission

said. The release noted that Paulhus was "mentioned," at the commission and as a result would not participate in NCC affairs, "until this matter has been resolved."

On Tuesday, commission witness Marc-André Gélinas, director-general for the Outaouais region for construction firm Aecom, said four companies, Tecsalt, Genivar, Desau and CIMA+, would split up the contracts for sewer, sidewalk and aqueduct work.

Gélinas testified at the

commission that Paulhus, an engineer at Genivar helped in the collusion system. Gélinas testified the collusion involved a code and he said the collusion was done without the knowledge of government officials.

In an interview with Le Soleil, Paulhus denied the allegations and criticized the commission for not speaking with him to get his side of the story.

So far the Quebec probe has heard from 80 witness-

es, including mayors, city bureaucrats, and engineering executives.

Commission Chair France Charbonneau has been given extra time to complete her work. The corruption inquiry got an 18-month extension from the provincial government.

The inquiry will be required to submit a progress report by Jan. 31, 2014. Charbonneau must deliver her final report by April 2015.

WITH FILES BY THE CANADIAN PRESS

QUINOA.
CHOCOLATE. NUTS.
PERFECT ON THEIR OWN.
PERFECTION
& TOGETHER.

LOVE THE HARVEST

INTRODUCING *New* QUINOA BARS.



© 2013 PepsiCo Canada ULC

Ottawa lends support to Pontiac railway protesters

Holdup. Transport committee attempts to buy time but not railway



STEVE COLLINS
ottawa@metronews.ca

Pontiac County residents, who last month resorted to a blockade to stop CN from tearing up a railway that connects their communities to the Ottawa area, got a vote of support from the city on Wednesday.

The transportation committee is asking council to write the federal Ministry of Transportation and CN, asking for a delay of track removal long enough to give Pontiac time to line up a partner to operate the Beachburg Subdivision Railway.

"I've called it the good neighbour policy," said Coun. Marianne Wilkinson, who introduced the motion. "We have a community ... that without rail service is going to have serious economic downfall because the forestry industry is their key employment area up there."

Rail ties

"In the same way that we were able to build the O-Train line by a quite economical upgrade of an existing freight railway, we might choose to do that in future."

David Jeanes, on saving the Beachburg Subdivision Railway.

David Jeanes, president of the advocacy group Transport Action Canada told the committee the letter is not enough.

"It's almost a completely ineffective motion," he said. "It carries no force and in the long term may not do anything to protect the rail line."

Jeanes instead urged the city to take advantage of a federal law that lets it buy abandoned lines before they're torn up, and hang onto them for unforeseen future transportation needs, an option staff have warned is too expensive.

"If we don't take advantage of that right, we're losing infrastructure that could be valuable to us in future," he said.



Pontiac residents and city workers blockaded a CN rail line near Portage du Fort in August to protest the company's plans to demolish the line. FACEBOOK

Contractor jailed again for customer ripoffs

An Ottawa contractor with a history of poor business practices has been sentenced to four months in jail and two years' probation for deceiving clients and failing to refund them.

Philip Slobodzian of PSC New Home Construction Inc. was convicted on Aug. 15 of engaging in an unfair practice by

making a false, misleading or deceptive representation; failing to refund payment within 15 days of being given notice of cancellation of a consumer agreement; and failing to provide a consumer with a proper contract.

Slobodzian was hired by five clients in Ottawa between

May 2009 and May 2011 to have their roofs re-shingled, but would never finish the job. The clients were never refunded and had to hire other contractors. The Ministry of Consumer Services said Wednesday that he was ordered to pay more than \$12,500 in restitution and his company was fined \$41,000

as part of his sentencing.

He faced similar charges in 2011 before the ministry convicted him and sentenced him to 71 days in jail and two years' probation. That time, his company was fined \$90,000.

"Slobodzian has recently carried on business as Country Comfort," the ministry warned

in a news release, adding he's facing more charges under the new organization.

In May 2013, Slobodzian entered a \$6,000 contract to replace the siding of a customer's house under Country Comfort. He was charged by the ministry for not starting the job after three months. **JOE LOFARO/METRO**

1 NEWS



French for Federal Government Employees

Are you a federal government employee or do you want to become one?
La Cité des affaires can help you reach your language training objectives.

Preparation for Second Language Evaluation (SLE)

Reading & Writing Test Preparation - Sept 17th to Oct 24th 2013, Tuesdays and Thursdays

Level B Oral - Sept 16th to Dec 18th 2013, Mondays and Wednesdays

Level C Oral - Sept 16th to Dec 18th 2013, Mondays and Wednesdays

Daniel Cardinal 613-742-2493, ext. 2763

dcardi@lacitec.on.ca

www.lacitec.on.ca/web/lca/corporate-services/flqe.htm





The back end of Juan Pedro Unger's silver Hyundai pokes out of a sinkhole on Highway 174 on Sept. 4, 2012. The sinkhole was created when a corrugated steel pipe under the highway broke.
COURTESY OTTAWA FIRE DEPARTMENT

Sinkhole on Highway 174 gone, but not driver's fear

Fallout. Incident that snarled traffic, made headlines leaves impact on victim and city one year later



GRAHAM LANKTREE
graham.lanktree@metronews.ca

A year to the day that Juan Pedro Unger's silver Hyundai was swallowed by a sinkhole as he commuted home on Highway 174, he still feels

nervous when he drives.

"The result from this is that it's taken away my joy of driving," said Unger, a policy analyst with the federal government, whose car snarled traffic and made headlines when it fell into the sinkhole as he proceeded to the 174's Jeanne d'Arc exit on Sept. 4, 2012.

"I will drive with apprehension on the most familiar roads. I can't help feeling nervous," he added.

Although the stretch of road where the sinkhole opened up is probably one

Quoted

"I will drive with apprehension on the most familiar roads. I can't help feeling nervous."

Juan Pedro Unger

of the safest in Ottawa now, Unger said, he still has worries about other city infrastructure.

"I don't know how much has actually been repaired," said Unger, who was not compensated by the city to buy a new car and had to foot the bill with the help of

insurance.

"The biggest, most important point is that this should have been a big wake-up call for the city and all of us on the state of our infrastructure and urgency of proactively maintaining it," Unger said.

Days after the sinkhole opened, in a report issued

on Sept. 11, the Federation of Canadian Municipalities concluded that "half of municipal roads requir(ed) significant repairs."

Unger still feels pain in his arm when he makes certain movements or lies on his side while sleeping, and has undergone physiotherapy for the past year to treat it. Yet, he said he would sleep easier if he knew that more was being done to repair Ottawa roads.

"This is one of the most basic duties of municipal government," he said. "It's why we pay taxes."

Five directives

Assessing the risk

In December 2012, civil engineering firm B.M. Ross and Associates, which investigated the Walkerton tainted-water tragedy that claimed nine lives in 2000, issued five directives to the city to improve its road infrastructure and prevent future sinkholes from opening.

The firm concluded the city didn't identify the problem early enough and should expand the definition of storm sewers, re-examine storm sewers that are thought to be at high risk, assess the quality of information about the city's sewer inventory and supplement video inspections with physical proof.

"In less than eight months, four of the five recommendations are almost completely implemented and a fifth recommendation has been fully implemented," Alain Gonthier, manager of the city's asset management, said in an email on Wednesday.

"The city continues to assess the risk for all sewers and culverts. This work is expected to be completed by the end of 2013. When completed, it will assist in identifying mitigation measures, such as enhanced inspections, for more critical sewers and culverts."

Gonthier noted that the city has assessed 2.2 kilometres of metal storm sewers over one metre in diameter in the past year. "This assessment identified two metal storm sewers under Ottawa Road 174" that had damage, he said, adding that both were relined this year.

GRAHAM LANKTREE/METRO



UNLIMITED DATA, TALK & GLOBAL TEXT.

Unlimited plans keep you inseparable. **\$33** per month for a limited time

WIND
true mobile freedom™

TOMMY & LEFEBVRE

WAREHOUSE CLOSING!

STARTS TODAY

**AFTER 25 YEARS, OUR LANCASTER
ROAD WAREHOUSE IS CLOSING FOREVER.**

THOUSANDS OF ITEMS FROM EVERY DEPARTMENT

30-70% OFF*

SALE STARTS THURSDAY, SEPTEMBER 5TH, NOON SHARP!

Sportswear, Tenniswear, Footwear, Golfwear, Tennis Racquets, Inline skates, Skiwear, Snowboardwear, Snowboards, Skis, Ski Boots, Outerwear, Cross Country and more!

From brands like Adidas, Nike, Reebok, Wilson, K2, Head, Dunlop, Salomon, Rossignol, Armada, Timberland, Burton, & Sunice!

ALL SALES FINAL

*Original Retail

THIS WEEK'S HOURS

Opening Day:
Thursday 12pm-9pm

Friday 9am-9pm

Saturday 9am-6pm

Sunday 10am-5pm

Full hours at
TANDL.COM



TOMMY & LEFEBVRE WAREHOUSE
2615 Lancaster Road, Ottawa
Ontario, K1B 5N2

Phone:
(613) 737-3216

Mayor Jim Watson goes shopping for budget ideas

Speaking up.
Residents vent,
offer mayor budget
recommendations at
Rideau Centre



**JOE
LOFARO**

joe.lofaro@metronews.ca

Taxpayers passing through the Rideau Centre got some face time with Mayor Jim Watson Wednesday, sharing city budget ideas and, of course, a few gripes they have with issues like transit and garbage collection.

It was the first of six stops Watson will make at local malls as he seeks input from regular folk about drafting the 2014 city budget before the draft budget is tabled on Oct. 23.

"I really liked it because I like the approachability of having the mayor here and actually being able to take questions and ways that we can make everything better," said Rebecca, who declined to give her full name.

The 21-year-old Carleton University student spoke to the mayor about OC Transpo service and expressed her displeasure with the number of buses travelling to Stittsville, where she lives.

"The service isn't exactly frequent. You're waiting out there for half an hour for a bus ... and I have to start cutting work hours so that I can come to school," she said.

Another woman, Susan Spencer, told the mayor that transit work is long overdue, adding that investments in projects like LRT are needed to ease traffic congestion.

"Anything that would make traffic congestion a lot more straight forward or resolve those sorts of issues because there are a lot of technologies out there that can help support that and make better use of what you've got," said Spencer. "So the more you can invest in that sort of thing, the better because it's probably a low-cost solution.... You don't have to spend more on roads."

Lynne Corkum said the meet-and-greet was an opportunity for her to vent about her frustration with biweekly garbage pickup. "There's got to be a better way," she said.

"The challenge we have is that if we have to find a new landfill, you're looking at \$250 million and no one wants it in their backyard," Watson replied.

Some people wondered if the mall consultations will serve any real purpose.

"This is great for the mayor to come here, but that's not how decisions get made and that's not how solutions get found," said Ryan Stec. "I think it's a symbolic act to show you're accessible."

The mayor is urging residents who don't catch him at the malls to submit their ideas to budget2014@ottawa.ca or tweet them with the #ott-budget hashtag. There will also be public consultation from Oct. 28 to Nov. 25.



Lynne Corkum talks about biweekly garbage pickup with Mayor Jim Watson on Wednesday, as he held a 2014 city budget consultation at the Rideau Centre.

JOE LOFARO/METRO

**Wedding Palace®
Bridal Show**
Great Weddings Start Here...

613-612-5468
www.weddingpalace.ca

FOLLOW US ON:

Ottawa's Premier Bridal Show!
September 14 & 15, 2013 • 11am to 5pm

OTTAWA CONVENTION CENTRE CENTRE DES CONGRÈS D'OTTAWA

Be Inspired For Your Big Day!
Tickets Available Online • Fabulous Door Prizes
Come See Bridal Expert, Randy Fenoli!



"Where does our oil come from?"

In Québec and Atlantic Canada, over 86% of the oil that we refine comes from foreign countries. Building Energy East, a pipeline to transport oil from Western to Eastern Canada, will change this. We all stand to benefit by making better use of Western Canada's energy resources. Energy East will allow us to do this safely and responsibly. Do you have questions about the project's impact on Canada's energy independence? We have your answers at

EnergyEastPipeline.com

For 11 years in a row, TransCanada has been recognized by the Dow Jones Sustainability World Index as a leader in energy infrastructure.



Nepean Redskins. Legal team hoping to settle before hearing

The legal team behind musician Ian Campeau's discrimination complaint against Ottawa's Nepean Redskins football club hopes the case will be settled in mediation long before a potential hearing at Ontario's Human Rights Tribunal.

"Typically what happens is the tribunal gives the football club an opportunity to respond," said lawyer Barbara McIsaac of the firm Borden Ladner Gervais LLP, who took on the case with colleague Qajaq Robinson pro bono. The two filed the complaint Tuesday.

"We're hopeful this can be settled through mediation. Mr. Campeau is not seeking damages," said McIsaac, Wednesday, noting that she sent the club's president Steve Dean a copy of the complaint via email Tuesday.

Campeau is Ojibway and his complaint calls out the team for its name. Complaints can be brought under the Ontario Human Rights Code with respect to employment, housing,



A Tribe Called Red
DJ Ian Campeau
CONTRIBUTED

goods, services and facilities, contracts, and membership in trade associations.

Not all complaints are heard by the tribunal, said McIsaac, but she believes Campeau has a strong case. "We've taken this case on because we think it presents a significant issue with respect to the name and caricature," she said. "Mr. Campeau makes a strong case that it's a pejorative label and he has the support of former Lieutenant Governor of Ontario James Bartleman and Assembly of First Nations Chief Shawn Atleo."

Redskins club president Steve Dean told CBC Tuesday the team consulted with the Ottawa Aboriginal Council about the name and considers the point moot.

GRAHAM LANKTREE/METRO

Ottawa Hospital. More nurses to get sexual-assault training

An increasing number of sexual assault patients are coming through the doors of The Ottawa Hospital, and as a result the hospital is boosting its capacity to treat those patients.

TOH announced Wednesday it is enhancing its Sexual Assault Partner Abuse Care Program (SAPACP). In place for more than a decade the program supports patients by providing physical trauma treatment, help with building evidence for criminal matters and counselling.

Previously, the program relied on just one or two emergency room nurses on

site during the day and one nurse overnight.

"We're changing that so we'll have a larger cohort of nurses who are both trained in emergency medicine ... but also have training in sexual assault and partner abuse," said Mike Tierney, vice-president of clinical program at TOH. "It will allow us to have more on-site presence of these kinds of staff."

The hospital is training existing nurses to provide the service instead of hiring additional staff. Tierney said the hospital needs a minimum of six to eight nurses 24/7.

JOE LOFARO/METRO



Fitchek's Katryna Coltess and personal trainer and reality TV host Tommy Europe stand near a kiosk at the 2013 CanFitPro trade show in Toronto. As the obesity epidemic expands, so too does the fitness industry in Canada. GRAHAM LANKTREE/METRO

From pumping iron to snagging clients

Fitchek. New web-based software aims to cash in on a nation battling the bulge by promoting personal trainers



GRAHAM LANKTREE
graham.lanktree@metronews.ca

Growth in the number of personal trainers has skyrocketed and one Ottawa company is stepping in with software to help the industry to become

even bigger.

"These fitness professionals have their own brands. We're trying to accentuate that," said Russell Coltess, co-founder of Fitchek, an online storefront tailored to help personal trainers scale their business and bring it into the 21st century.

"They're using pen and paper. A lot of times they don't have a computerized system," Coltess said of fitness instructors, adding that for each hour they spend with clients another is spent managing their business, finding new clients or marketing via social media.

"We've built a marketing

strategy right into the tool," said Coltess. "They all got into this business to train, but there's the after-service portion that a lot of people don't realize exists."

To help, Fitchek creates a website tailored to each trainer where they can offer classes and have their clients sign up, process payments, offer promotions and launch marketing campaigns through social media.

Launched in February 2013, the web-based software has garnered interest from reality TV fitness host Tommy Europe, known for shows like

The Last 10 Pounds Bootcamp and Bulging Brides. Coltess is also in talks with GoodLife Fitness to try out the program with trainers who work out of their gyms.

The site works on a subscription basis, with packages for single trainers and studios going for \$39 to \$149 a month respectively.

"We kept on building websites for everyone else and they would make money," said Coltess, who saw a perpetual market in the fitness industry when he co-founded the software in his Ottawa-based web development firm Bioniq.



Language evaluation test preparation LEVEL B – Oral Interaction

The Refresher Course
IN CLASS / ONLINE

- September 10 to September 12, 2013
 - September 24 to September 26, 2013
- Time: 1 pm to 4 pm
Cost: \$100 + \$35.00 (online licence)

The Regular Course
IN CLASS / ONLINE

- September 11 to November 13, 2013
- Time: 6 pm to 9 pm
Cost: \$350 + \$35.00 (online licence)

For more information please call: 613-741-2304 ext. 3
www.educationpermanente.ca



We give you peace of mind

\$65 per month¹ **Unlimited Talk Canada-wide²**
Unlimited Messaging³
1 GB of data⁴
Call Display and Voicemail⁵

- › Unlimited Messaging includes: international Text, Picture and Video messages³
- › No Canadian long distance fees, no zone restrictions and no activation fees

Includes the Fido ADVANTAGE

Tab24 • Fido LiveANSWERS™ • FidoTRADE™ • FidoDOLLARS™



It's time to switch. Visit a store, call 1-866-301-3436 or go to fido.ca.

FIDO STORES

Quinte Mall, Belleville
360 Maloney West Blvd., Gatineau
Les Galeries de Hull, Gatineau
Promenades de l'Outaouais, Gatineau
Cataraqui Town Centre, Kingston
Bayshore Shopping Centre, Nepean

Place D'Orléans, Orléans
70B George Street, Ottawa
530 Montreal Road, Ottawa
1379-A Woodroffe Avenue, Ottawa
Billings Bridge Mall, Ottawa
Carlingwood Mall, Ottawa

College Square, Ottawa
Elmvale Mall, Ottawa
Merivale Mall, Ottawa
St. Laurent Shopping Centre, Ottawa
Landsdowne Place Mall, Peterborough

FUTURE SHOP

COSTCO
WHOLESALE

Tboothwireless

«WIRELESSWAVE»

BEST BUY

WIRELESS etc... Walmart

MOBILESHOP
Exclusively where President's Choice products are sold.

Offer subject to change without notice. 1. Smart plans available monthly or with a 2-year Tab24 agreement. Additional long distance, roaming, data, add-ons, provincial 9-1-1 fees (if applicable) and taxes are extra & billed monthly. 2. Airtime includes calls from Canada to Canadian numbers only, billed by the minute. Each additional minute costs 45¢ (20¢ for Call Forwarding). 3. Plan includes messages sent from Canada to Canadian, U.S. and international wireless numbers. Sent/received premium messages (alerts, messages related to content and promotions) and messages sent while roaming not included and charged at applicable rates. 4. Additional data: \$10/1 GB, charged in \$10 increments. U.S. data roaming is \$7.99/50 MB for 24 hours and International data roaming is \$10/ MB for Europe and \$15/MB for all other applicable international destinations. See fido.ca/roaming for more details. 5. Service includes up to 3 messages, each 3 minutes in length that can be saved up to 3 days. © 2013



Vampire Weekend, Kendrick Lamar and closing-night headliner Gordon Lightfoot are among the most highly anticipated acts at this year's Ottawa Folk Festival. FROM LEFT: THE CANADIAN PRESS, OTTAWA FOLK FESTIVAL, TORSTAR NEWS SERVICE

Ottawa festival's diverse mix of artists and genres is all folked up

19th Folk Festival.
Talent-stacked lineup
kicked off Wednesday,
runs until Sunday

STEVE
COLLINS
ottawa@metronews.ca

Patti Smith & Her Band opened the nineteenth annual Ottawa Folk Festival Wednesday night

on the CUPE-SCFP Stage, after a bumpy few weeks for the festival's lineup.

Folkfest recovered from the late cancellation of the night's original headliner, Neil Young and Crazy Horse, with the short-notice booking of three-time Juno winner Dallas Green's City and Colour.

Just last week, the Folk Festival added rockers The Pack A.D. to its lineup and announced a more traditional performer,

Canadian folk legend Gordon Lightfoot, would perform on closing night.

"This is a marquee booking — a first for the Ottawa Folk Festival," said the festival's artistic director Mark Monahan. "When people think of iconic Canadian acts, Gordon Lightfoot tops the list, not only in Canada but internationally."

Organizers said last year's festival, which was the first to stretch over five days and add

free programming outside the fenced area, attracted between 25,000 and 30,000 music fans, doubling the previous year's attendance.

The 2013 Ottawa Folk Festival runs Sept. 4 to 8 at Hog's Back Park. Single-day tickets range from \$38.50 to \$42.50. Festival passports are \$148.50 for adults and \$119 for youth. You can also pick any three nights for \$99. Visit ottawafolk.com for details.

Headliners

- **Wednesday:** Patti Smith & Her Band, City and Colour & Rodney Crowell
- **Thursday:** Vampire Weekend, The Pack A.D., Colin Meloy, Amos the Transparent
- **Friday:** Kendrick Lamar, Matt Andersen, Emmylou Harris
- **Saturday:** The Avett Brothers, Hey Ocean!, The Sheepdogs, Hayden, Martyn Joseph
- **Sunday:** The Wailers, Gordon Lightfoot, Carolina Chocolate Drops, David Lindley

How much
is peace of
mind worth?

 Best Doctors

Best Doctors has the answer.

Do you have a medical condition and wish you could talk to a professional for more than 10 minutes? Have you ever wanted a second opinion on a diagnosis or treatment plan but weren't sure where to turn?

If you're a member of Best Doctors, we can help you:

- Find an expert medical specialist
- Review your medical records
- Get an expert second opinion you can share with your doctor
- Navigate the Canadian healthcare system

Best Doctors is included with many employee benefit plans. Check your benefits booklet or ask your HR department if you have Best Doctors.

Find out at **BestDoctorsCanada.com**

Call 1-855-515-4446 or email ottawa@bestdoctors.com

Ravens football returns after 15-year absence

Carleton University.
Ravens to play first home game on Sept. 7 against the Waterloo Warriors

Carleton University celebrates its history later this month at "Throwback: The Return of Homecoming" celebrations, but this Saturday, some truly

notable throwbacks return after a 15-year absence.

The newly reconstituted Carleton Ravens football team returns to campus for its first home game and second game of the season on Sept. 7 against the Waterloo Warriors.

"The first home game on Carleton University campus is a significant landmark in the history of the school," said Steve Sumarah, head coach of

the Ravens. "This will be the pinnacle of the hard work of many parties to bring football back on campus. From a player and coach perspective, there is no greater feeling than wearing your university's colours. I can't wait to take the field and be a part of this special day."

The Ravens will also be a part of Throwback celebrations, playing the York Lions at Carleton Sept. 21. **STEVE COLLINS/METRO**



Ravens Football is back at the Carleton campus on Saturday for the first time since 1998. COURTESY CARLETON UNIVERSITY

uOttawa Gee-Gees

The University of Ottawa hosts the Ottawa Gee-Gees home opener, the official opening of the new Gee-Gees Field and launch of the first Sports Services fundraising campaign at 11 a.m. The game begins at 1 p.m. with the ceremonial coin toss and kickoff.

Mudd Sweat & Tears. Extreme-obstacle race to test athletes' mettle

When Mooney's Bay Park gets transformed this month into a gruelling crucible of steep inclines, obstacles and mud, mud, mud, Kelly Ripley will be right in there.

The five-kilometre extreme-obstacle race is called Mudd Sweat & Tears. It will test local racers with ropes, climbing walls, slides and ice baths, all while they trudge through knee-deep mud pits on Sept. 28.

"Any opportunity to be a little more primal, get back to the more natural human ways, instead of sitting at a desk all day," said Ripley, a 34-year-old event planner.

She has run about 20 such races, and she started only last year: "I hadn't heard of anything of this sort, had never so much as run a kilometre in my life, but I had watched a whole

lot of reality TV — that was about my fitness regime — and decided I wanted to do a race that I saw coming to town, simply because I wanted the really cool mud pictures for my Facebook profile!"

That first race was a doozy. "I was not prepared," she recalled. "I struggled significantly, so for about two hours, it sucked and I was mad at myself that I hadn't prepared and that I'd bitten off more than I could chew."

She added, "When I finally came around the corner and saw that I was actually going to survive and finish this thing, it completely changed from two hours of suck to the greatest pride and sense of accomplishment ... and that's what I became addicted to."

STEVE COLLINS/METRO



Extreme-obstacle racer Kelly Ripley goes through her paces. Mudd Sweat & Tears comes to Mooney's Bay on Sept. 28. See muddsweatandtears.com for more information. CONTRIBUTED

PALACE

FURNITURE GALLERY

A TOUCH OF ELEGANCE

SEPTEMBER SALE

 <p>NEVIS TWIN PLATFORM BED \$499 + HST <small>REQUIRES NO BOXSPRING OR FRAME ALSO AVAILABLE DOUBLE OR QUEEN SIZE</small></p>	 <p>3 PIECE KLIK-KLAK SOFABED SECTIONAL \$1298 + HST <small>WITH STORAGE</small></p>	 <p>5 PIECE DINETTE SET \$498 + HST</p>
 <p>LUCY KLIK-KLAK SOFABED \$498 + HST</p>	 <p>CANDY KLIK-KLAK SOFABED \$698 + HST <small>WITH BOTTOM AND IN-ARM STORAGE PLUS FOLD-DOWN TRAY</small></p>	 <p>WILLIAMS SOFA AND LOVESEAT \$898 + HST</p>

PRODUCTS MAY VARY FROM PICTURES AS SHOWN, VISIT SHOWROOM TO VIEW THESE ITEMS.

Visit our expanded 55,000 sq. ft. showroom for huge selection of quality living, dining and bedroom furniture.

We have something to suit every taste and budget. We also do made-to-order upholstery.

401 Coventry Road at Belfast

613.746.9900

Monday-Friday: 11am - 8pm;
Saturday: 10am - 6pm; Sunday: noon - 4pm

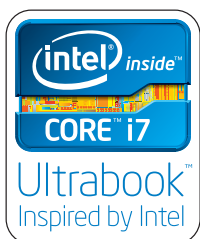


LOVE AT FIRST SWIPE



This semester, fall in love with the
HD touchscreen ASUS VivoBook.

asus.com



Intel® Core™ i7 Processor.
Ultrabook™ Inspired by Intel.

ASUS®

© 2013 ASUS Computer International. All Rights Reserved. ASUS is a registered trademark of ASUSTeK Computer. Select ASUS VivoBook models comply with Intel® Ultrabook™ specifications. Intel, the Intel Logo, Intel Inside, Intel Core, Ultrabook, and Core Inside are trademarks of Intel Corporation in the U.S. and/or other countries.

U.S. Senate panel votes for use of force in Syria

10-7 in favour. President's push for military strike after alleged chemical-weapons attack gains steam in Congress

President Barack Obama's request for speedy congressional backing of a military strike in Syria advanced in the Senate on Wednesday, hours after the president left open the possibility he would order retaliation for a deadly chemical-weapons attack even if Congress withheld its approval.

A resolution cleared the Senate Foreign Relations Committee on a 10-7 vote after last-minute alterations to support "decisive changes to the present military balance of power" in Syria's civil war. It would rule out U.S. combat operations on the ground.

The measure is expected to reach the Senate floor next week, although the timetable for a vote is uncertain.

The support seen in the Senate will be harder to find in the Republican-controlled House of Representatives. Secretary of State John Kerry and other top administration officials made the case for action Wednesday during a heated House hearing. The Senate panel's vote marked the first formal response in Congress to Obama's unexpected announcement last weekend that he was putting off an expected cruise-missile strike against Syria and instead was first asking lawmakers to unite behind such a plan.

The president was in Sweden when the vote occurred. At a news conference earlier, he said, "I always preserve the right and responsibility to act on behalf of America's national security."

THE ASSOCIATED PRESS

Against unilateralism

Putin might support UN call for strike

Russian President Vladimir Putin has warned the West against taking one-sided action in Syria but said Russia "doesn't exclude" supporting a UN resolution on punitive military strikes if it is proved that Syria used poison gas on its own people.

In an interview Tuesday with The Associated Press, Putin expressed hope that he and Obama would have serious discussions about Syria and other issues at the G-20 summit in St. Petersburg, Russia, this week.

THE ASSOCIATED PRESS

Held women captive. Ohio prison orders review after Ariel Castro commits suicide

The man who kidnapped three young women and repeatedly raped them in his Ohio home for nearly a decade hanged himself in his cell, prison officials said Wednesday.

Ariel Castro, 53, last month was sentenced to life in prison plus 1,000 years after his guilty plea in one of the most sensational criminal cases in recent U.S. history.

The public was startled by his apparent double life, with his reputation as a good-natured musician who even attended a vigil for one of the missing women. Castro was found Tuesday night, said JoEllen Smith, Department of Rehabilitation and Correction spokeswoman.

Prison medical staff performed CPR before he was transported to a hospital, where he was pronounced dead.

He had used a bedsheet. Castro had been in protective custody because of the notoriety of his case, meaning he was checked every 30 minutes, but he was not on suicide watch, Smith said.

While in jail before his conviction, Castro was taken off suicide



This file photo shows Ariel Castro in the courtroom during the sentencing phase. TONY DEJAK/THE ASSOCIATED PRESS

watch in June after authorities determined he was not a risk. An autopsy showed the death was a suicide.

The American Civil Liberties Union of Ohio asked the prison system to conduct a full investigation. State Prison Director Gary Mohr ordered a review of Castro's medical and mental-health treatment and the circumstances surrounding his suicide. He said the state police were also investigating. THE ASSOCIATED PRESS

Route 4A in Ciudad Juarez

50% of bus drivers skip work after deadly shootings

Half of the drivers who work a bus route on which two colleagues were shot to death last week, possibly by a woman seeking revenge for purported sexual abuse of female passengers, didn't show up for their jobs Tuesday.

Only 10 of the 20 drivers assigned to the 4A bus route in this border city took the wheel, "because they are afraid," a dispatcher said.

"There were a lot fewer passengers, too," said the dispatcher, who refused to be quoted by name out of fear of being targeted. "Everyone is afraid something could happen," he added.

Officials said plainclothes police officers were aboard some buses and conducting weapons searches to prevent further killings.

Mexican prosecutors released a police sketch of a female suspect drawn from the testimony of at least 20 witnesses. It shows a woman wearing a sun visor over hair pulled back on her head.

THE ASSOCIATED PRESS



Syrian refugees gather at the Turkish Cilvegözü gate border on Wednesday. GREGORIO BORGIA/THE ASSOCIATED PRESS

Russia isn't homophobic — we love Tchaikovsky: Putin

President Vladimir Putin sought to ease concerns that Russia's new anti-gay law would be used to punish athletes who display rainbow flags during the Winter Olympics in Sochi, while insisting that gays are not discriminated against in his country.

"I assure you that I work with these people, I sometimes award them with state prizes or decorations for their achievements in various fields," Putin said in an interview with The Associated Press and Russia's state Channel 1 television late Tuesday. "We have absolutely normal relations, and I don't see anything out of the ordinary here."

He added that Russians love Tchaikovsky even though the composer was said to have been a homosexual. "Truth be told, we don't love him because of that, but he was a great musician and we all love his music," Putin said.

Putin offered to meet with members of the gay and lesbian community if they asked to see him.

The law on "propaganda of nontraditional sexual relations,"



Russian President Vladimir Putin during an interview with John Daniszewski, of the Associated Press, at Putin's Novo-Ogaryovo residence outside Moscow on Tuesday. ALEXANDER ZEMLIANICHENKO/THE ASSOCIATED PRESS

which Putin signed in July, makes it illegal to expose minors to information that portrays these relationships as normal or attractive. The law imposes hefty fines, while also subjecting foreign citizens to up to 15 days in prison.

While Russian officials have reassured the International Olympic Committee that Russia will not discriminate against homosexuals during the Feb. 7-23 2014 Sochi Games, they also

have said that the law will be enforced. This has left open the question of what would happen to athletes or fans if they made statements or gestures that could be considered propaganda.

In the interview at his country residence outside Moscow, Putin said that they would not be punished. But he clearly has no intention of allowing a gay pride parade during the Olympics.

THE ASSOCIATED PRESS

FALL FOR SOMETHING FABULOUS



BOCBG
PARIS
\$98

Women's open toe pump
SEARS REG.
\$140

BOCBG
PARIS

\$105

Women's tall boot, brown
SEARS REG.
\$150



the
sak
\$119

Leather tote, brown
SEARS REG.
\$170

30% OFF

Women's footwear
& handbags*
Reg. priced items only.



this season's
**must
haves**

As seen in the October issue of
FASHION magazine

SALE PRICES END THURS., OCT. 3, 2013,
while quantities last.

*This savings offer excludes items with prices ending in .97, Indigo by Clarks®, Clarks Everyday™, Clarks Artisan®, Jessica Simpson™, Franco Sarto®, Guess, Columbia®, Sorel®, athletic and walking shoes and Fossil® brands.

NE091G213 © 2013. Sears Canada Inc.

Sears*
MAKE EVERY DAY A GREAT DAY.

Water plant's woes not a drop in the bucket: Automation's soaked

Calgary flood aftermath.

Treated water may be substandard because important facility is in 'manual mode'



ROBSON FLETCHER
Metro in Calgary

Calgary's largest wastewater treatment facility is operating in "manual mode" due to damage from ... water.

Because of the damage from June's flood, there's a "very high risk" that the plant will send treated water to the Bow River that doesn't meet provincial standards, a city report says.

"We've basically stepped back 30 years in time," said Kevin Colbran, manager of

the Bonnybrook Wastewater Treatment Plant.

"We have the brain of our control system, but all of the field devices and cabling that sent the information to that brain were toasted in the flood."

As a result, employees have to visually monitor things such as water levels and dissolved oxygen levels in the plant's tanks and then manually turn valves to adjust flow levels and keep the treatment processes in order.

"It's more challenging," Colbran said.

"These plants are pretty complex now. They're designed with automation in mind, not manual operation."

It also takes a lot longer, he added, since employees have to travel from one part of the 50-acre site to another to make observations, then make adjustments and then double-check.



Bonnybrook operations leader Robert Kotch stands above one of the facility's clarifiers, which staff must now monitor and adjust manually after June floodwaters damaged automation systems. ROBSON FLETCHER/METRO

Hurry in to get up to a \$100 bonus gift on select smartphones.

Plus, more deals on other great phones!

Clear your Tab within 24 months, guaranteed!



Samsung Galaxy Ace II™ x

\$0

With Tab Small²



Samsung Galaxy S III™

\$0

With Tab Large²



koodo™

Offer ends September 12, 2013.



BLACK'S
www.blackss.com

FUTURE SHOP

MOBILE SHOP

Walmart

koodo
shop

Ottawa
Bayshore Shopping Centre
Carlingwood Mall
Les Galeries de Hull
Place d'Orléans
Promenades de l'Outaouais
Rideau Centre
St. Laurent Centre

Belleville
Quinte Mall

Brockville
1000 Islands Mall

Cornwall
Cornwall Square

Kingston
Cataraqui Town Centre

See store for full details. (1) Bonus gift will vary by store location. Bonus gift available with new activations only. While quantities last. (2) Subject to approved credit. Monthly Tab charge may apply.

Get \$50 for important school supplies. Like 150 packs of instant noodles.

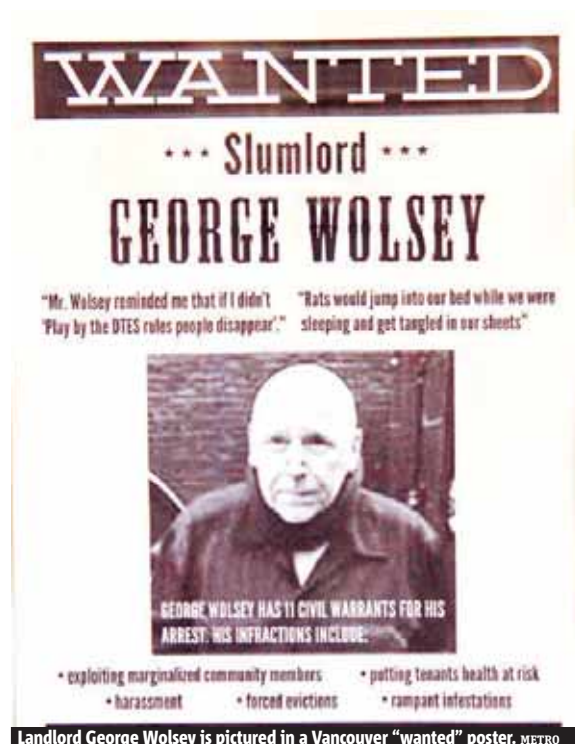
Sign up with TD and get \$50



Visit a branch, text **SCHOOL** to **25370**
or visit **tdcanadatrust.com/school**
for more information.



Landlord on the run?



Landlord George Wolsey is pictured in a Vancouver "wanted" poster. METRO

'Heartless S.O.B.'
B.C. court orders
George Wolsey's arrest
over \$18,163 debt



EMILY JACKSON
Metro in Vancouver

Notorious Downtown East-side landlord George Wolsey is officially a wanted man after refusing to pay thousands in damages to former tenants of his dilapidated buildings.

The B.C. provincial court ordered 10 warrants for Wolsey's arrest on Tuesday after he repeatedly failed to show up in court to address his \$18,163.75 debt to 10 former residents of the Wonder and Palace hotels, the Pivot Legal Society announced at a news conference Wednesday.

It's a paltry sum for a man who sold the two cockroach-and-bedbug-infested single-room-occupancy hotels in Vancouver's poorest

neighbourhood for about \$4 million in 2012.

Court action happened after the city issued an injunction forcing him to repair the buildings, which didn't have functional fire escapes.

"He's a heartless S.O.B.," former resident Stephen Freeman told reporters, adding Wolsey evicted him from his mouse-ridden room for buying methadone from a different pharmacist.

Wolsey, a Langley resident who had his pharmacist licence stripped in 2004 for forcing his tenants to fill their prescriptions through him, has seven days to turn himself in or Surrey sheriff services will begin searching for him.

This is the first time a Vancouver landlord has faced arrest warrants, Pivot lawyer Douglas King said.

Quoted

"He's a tyrant, period."

Stephen Freeman, who says he was evicted by landlord George Wolsey.

Tory tome. Hockey's in his blood, so PM pens a hockey history book

Stephen Harper can soon add another line to his resumé — published author.

The prime minister's book on the history of hockey is set to hit store shelves Nov. 5.

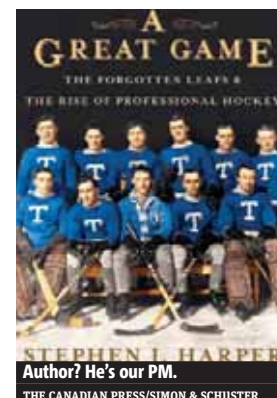
A Great Game: The Forgotten Leafs and the Rise of Professional Hockey looks at the early years of the game.

It will also feature photos of famous arenas and the game's earliest star players.

"Drawing on extensive archival records and illustrations, histories of the sport, and newspaper files, A Great Game delves into the fascinating early years of ice hockey," publisher Simon & Schuster Canada said Wednesday.

"It tells of the hockey heroes and hard-boiled businessmen who built the game, and the rise and fall of legendary teams pursuing the Stanley Cup."

Harper has spent years on the book, reportedly setting aside a few minutes each day to work on it.



Author? He's our PM.
THE CANADIAN PRESS/SIMON & SCHUSTER

The prime minister is known to be a giant hockey fan and regularly attends NHL games — although the Toronto-born Harper remains coy about his favourite team.

All Harper's proceeds from the sale of the book will go to the Canadian Forces Personnel and Family Support Services.

THE CANADIAN PRESS

HEY KIDS!
Come to Rainbow Foods for our **Charity BBQ**
to celebrate your first week back to school
and to support the Ottawa Food Bank KickStart program

We'll also have:
• face painting • balloons • free popcorn • prizes (enter to win)

rainbow foods
The Healthy Choice. For You. For Life.

1487 Richmond Road • 613-726-9200
rainbowfoods.ca
Hours: M-F 8am-8pm; S-S 9am-7pm

SATURDAY, SEPTEMBER 7 • 11AM-3PM

You got the stuff
good deeds
are made of.

Value Village pays local nonprofits every time you donate.

Drop off your reusable clothing and household items at a
Community Donation Centre located at Value Village!

Your donations benefit:



Ottawa: 1375 Clyde Ave • (613) 288-1390

1221 Cyrville Rd • (613) 749-4977 • 1824 Bank St • (613) 526-5551

Orleans 4220 Innes Rd, Unit 3 • (613) 837-9080 • **Stittsville** 5487 Hazeldean Rd • (613) 836-1549

Mon. - Sat. 9am - 9pm, Sun. 10am - 6pm

Village des Valeurs: Gatineau 361, boul. Maloney Ouest • (819) 663-4343

Mon. - Fri. 9am - 9pm, Sat. 9am - 5pm, Sun. 10am - 5pm

For more information about the Value Village
Donation Network and our recycling programs
visit valuevillage.com and click "donating."

Value Village
Good deeds. Great deals.

Kick back and save.

Get the hottest smartphones on a 2 year term.



Samsung GALAXY S III™

Samsung GALAXY S4™

Samsung GALAXY Note II™

\$0
\$650
no term

\$179
\$700
no term

\$99
\$730
no term

On a 2 year term with select plans. Minimum monthly commitment applies.



Pair your smartphone
with our **TELUS SharePlus**
Plans and enjoy:

- **Unlimited nationwide** talk & text*
- Add an additional line for as low as **\$35/mo.**
- Data sharing†

Get it all on Canada's most reliable 4G network‡

Learn more at
telus.com/shareplus

 **TELUS**
the future is friendly®

For more details, visit your TELUS store, authorized dealer or retailer, or call 1-866-264-2966.



TELUS STORES & AUTHORIZED DEALERS

Kanata
Kanata Centrum Walk
Nepean
Chapman Mills Marketplace



Orleans
Place D'Orleans
4312 Innes Rd

Ottawa
Bayshore Shopping Centre
Billings Bridge Shopping Centre
Carlingwood Shopping Centre
Ottawa Office Tower



Rideau Shopping Centre
St Laurent Centre
100 Trainyards Dr
424 Catherine St



1255 Coldrey Ave
1568 Merivale Rd
Stittsville
1300 Main

Limited time offer. Rates and offers are subject to change without notice. *Premium and subscription messages are not included. Customers with devices not able to display picture or video messages will receive a text message that includes a web address for viewing. †Only one SharePlus subscriber on the account requires a data option. That data can be shared with up to four additional devices. The first device on each TELUS SharePlus Plan must be a smartphone, Smartphone Lite or other mobile phone. Compatible phone required for BYOD option. ‡Based on testing of voice-call success rates, data-session completion rates and industry-standard call-quality measures against other national wireless service providers in metropolitan areas across Canada. TELUS, the TELUS logo and the future is friendly are trademarks of TELUS Corporation, used under licence. All other trademarks are the property of their respective owners. © 2013 TELUS.



**There's a page for that
in the new IKEA Catalogue.**

Visit IKEA.ca/Catalogue to see it now.



Guo Bin recuperates with his mother at a hospital in Taiyuan in northwest China's Shanxi province after a brutal attack that left him blind. THE ASSOCIATED PRESS

Cops suspect boy's aunt gouged eyes

China. Horrific case appears to end with attacker's suicide, but still no clear motive

In the dark

"He still doesn't know that he likely will be blind the rest of his life."

Wang Wenli on the condition of her 6-year-old son after a brutal attack

Chinese authorities said Wednesday that they suspect that the woman who gouged out a six-year-old boy's eyes was his aunt who later killed herself, adding a surprising twist to a gruesome case with conflicting details.

The attack on the boy horrified the Chinese public and added to outrage over violence against children in the wake

of a scandal earlier in the year involving teachers sexually abusing young girls. This time, heart-wrenching images and footage of the wailing child in hospital, his eyes bandaged and parents distraught, have circulated on the Internet as news commentaries slammed the brutality of the attack.

"Mama, why is the sky still so dark?" the child has been quoted as saying while recovering in hospital, his parents unable to bring themselves to tell him about his condition.

On Wednesday, police in the city of Linfen in northern Shanxi province confirmed an official Xinhua News Agency report that the boy's aunt, Zhang Huiying, had been identified as a suspect because his blood was found on her clothes. Six days after the boy was attacked, Zhang killed herself by jumping into a well.

Xinhua did not cite a possible motive for the aunt to attack the boy. THE ASSOCIATED PRESS

Toronto doctor a 'sexual opportunist': Crown

Allegations from 21 women that an anesthesiologist molested them during surgeries are strikingly similar and cannot be chalked up to hallucinations, the Crown said Wednesday, calling Dr. George Doodnaught a "sexual opportunist."

In his closing arguments at Doodnaught's trial, Crown attorney David Wright said that the sedatives used during the surgeries were administered in doses too low to cause sexual dreams.

Each of the women reported that Doodnaught

kissed them, touched them inappropriately or put his genitals in their mouth while they were under conscious sedation, all but one during surgeries at Toronto's North York General Hospital between 2006 and 2010. He has pleaded not guilty to 21 counts of sexual assault.

The women told detailed, vivid accounts of similar assaults by the now 64-year-old doctor, Wright said.

"If patients were hallucinating one would expect an element of randomness," he said. THE CANADIAN PRESS

The argument

- It is "simply impossible" that Doodnaught would have been able to assault 21 women undetected by anyone else in the rooms, the defence argued.
- If the drugs are to blame, "why is it that only George Doodnaught has complaints and not the 25 other anesthesiologists ... who use the same drugs?" the Crown said.

Armstrong ordered to testify about doping



Lance Armstrong arrives with his wife Kristin to a party in New York to celebrate Armstrong being named Sports Illustrated's Sportsman of the Year in this file photo from Dec. 10, 2002. THE ASSOCIATED PRESS FILE

Lawsuit. Texas judge orders the cyclist to answer doping questions in fraud case

An Austin, Texas, judge is pushing Lance Armstrong closer to his first sworn testimony on details of his performance-enhancing drug

use, ordering the cyclist to answer questions about who knew what and when about his doping, including possibly his ex-wife and his attorneys.

Nebraska-based Acceptance Insurance Holding is seeking the information in its lawsuit to recover \$3 million in bonuses it paid Armstrong from 1999 to 2001. A judge previously refused to

dismiss the case.

Acceptance is trying to prove a yearslong conspiracy and coverup by Armstrong to commit fraud. It wants to know when several of Armstrong's personal and business associates — including ex-wife Kristin Armstrong, team officials, the cyclist's lawyers and International Cycling Union president Pat McQuaid — first learned of

his doping.

Armstrong's attorneys objected to those demands in court documents, arguing the former cyclist already has acknowledged cheating and that Acceptance is engaged in a "harassing, malicious ... fishing expedition" intended to "make a spectacle of Armstrong's doping."

THE ASSOCIATED PRESS

Comparing it to slavery

Winnipeg man tackles grass-mowing bylaw

Richard Hykawy says he wants to set a legal precedent for every Canadian who is forced to cut grass or clear snow from city property adjacent to their home — a situation he calls worse than slavery.

"Back in the day, slaves were kept. They were clothed, maybe not well.

They were fed, maybe not well. But they were provided equipment and given what they needed to (perform) the work," Hykawy said Wednesday outside a Winnipeg court.

"In the case of the city, we're not clothed, we're not fed."

Hykawy is struggling to launch a challenge under the Charter of Rights and Freedoms, and has refused for the last few years to mow the grass on a strip of city property next to his suburban house.

THE CANADIAN PRESS

California. Man illegally in the U.S. fights to become a lawyer

Sergio Garcia arrived in the U.S. illegally 20 years ago to pick almonds in the field with his father. Now, still living in the country illegally, he's fighting to become a lawyer in California and has the support of the state's attorney general and lawyers' association.

The U.S. Department of Justice, however, is trying to block his request.

The dispute is the latest high-profile immigration clash between state and federal laws as Congress and the Obama administration work on overhauling the system to address the estimated 11 mil-

lion people living in the country illegally.

The Mexican-born Garcia, 36, studied to become a paralegal and passed the California bar exam on the first try — a boast that Gov. Jerry Brown and nearly 50 per cent of all first-time test takers can't make.

On Wednesday, Garcia will ask the California Supreme Court to license him. But the DOJ argues in court filings that granting Garcia a law licence card would violate a federal law barring people in the U.S. illegally from receiving government benefits.

THE ASSOCIATED PRESS



Sergio Garcia poses for photographs in San Francisco on Tuesday. Garcia, who wants to be a lawyer, arrived in Northern California illegally 20 years ago and has been there since. JEFF CHIU/THE ASSOCIATED PRESS



THE FASTEST HI-SPEED INTERNET
IN MORE NEIGHBOURHOODS

UP TO 3X FASTER

COMPARING WIDELY AVAILABLE SPEEDS*

We're bringing you the fastest, most widely available speed. You can download and stream live HD sports, movies, music and work files faster than you ever thought possible. As well, Rogers most popular Hi-Speed internet products are independently tested to ensure that you're always getting 100% of our internet speeds.*

rogers.com/fastestinternet

LIVE LIKE NEVER BEFORE.



1 Based on the Rogers DOCSIS 3.0 network technology current theoretical maximum download speeds of up to 150 Mbps vs Bell DSL network technology current maximum theoretical download speeds of up to 50 Mbps. Speeds may vary with internet traffic, server gateway/router, computer (quality, location in the home, software and applications installed), home wiring, home network or other factors. Also see the Acceptable Use Policy at rogers.com/terms. Modem set-up: the system is configured to maximum modem capabilities within Rogers own network. 2 Certified by SamKnows Limited as of June 28, 2013. Available on the following packages (download x upload): Lite (6 Mbps x 0.256 Mbps), Express (25 Mbps x 2 Mbps), Extreme (35 Mbps x 3 Mbps), Extreme (Atlantic only) (30 Mbps x 10 Mbps), Extreme Plus (45 Mbps x 4 Mbps), and Ultimate (150 Mbps x 10 Mbps). ©2013 Rogers Communications

It don't matter if you're black or white. N-word is offensive regardless of who says it: Court

The lawyer for a black U.S. woman whose claim against a black boss's N-word rant brought a \$280,000 jury award says she hopes the case teaches society something.

"It's the most offensive word in the English language," attorney Marjorie M. Sharpe said Tuesday.

A jury sided with 38-year-old Brandi Johnson against the boss, Rob Carmona, in a case that explored a word that is a degrading slur when spoken by whites but at times is used affectionately among

blacks, even in the workplace.

Johnson said she hopes the word now "won't be tolerated no matter what your race is."

Carmona, a 61-year-old black man of Puerto Rican descent, had testified that he was dispensing tough love. "I come from a different time," he said in court Tuesday.

He had tried to defend his use of the word, saying it had "multiple contexts" in the black and Latino communities, sometimes indicating anger, sometimes love.

THE ASSOCIATED PRESS

The two Koreas

Can't we forget about those nuclear threats and co-host?

South Korea has rejected Pyongyang's suggestion that a North Korean ski resort could be used for events at the 2018 Winter Olympics.

The organizing com-

mittee for the games in Pyeongchang says that North Korea's offer is unrealistic.

The committee's statement on Wednesday comes after a North Korean IOC official told the Voice of America broadcaster on Tuesday that it is possible to use the North Korean ski resort for Olympic events when it's completed.

THE ASSOCIATED PRESS

Just watch this become the must-have gift of the season



A model touches the screen of a Samsung Galaxy Gear smartwatch in Berlin, Wednesday. MICHAEL SOHN/THE ASSOCIATED PRESS

Wearable computing.

Samsung unveils smartwatch in race to beat Apple for this year's most-coveted gadget

Samsung unveiled its highly anticipated digital wristwatch Wednesday, beating Apple to what could become this year's must-have holiday gift item.

So-called smartwatches, which can perform tasks such as displaying email and Twitter messages on a device worn around the wrist, have been around for several years but have failed so far to inspire

Is it really such a big deal?

"Smartwatches haven't had the best track record."

Ramon Llamas, an analyst at research firm IDC, who is skeptical that so-called wearable computers will be a success

great interest among ordinary consumers. But with smartphone behemoths Samsung Electronics Co. and Apple Inc. joining the fray — and Google pushing its Google Glass gadget — experts see a chance of wearable computers breaking into the mainstream.

That is, if consumers can get used to talking to their watch, secret-agent style.

"With Gear you're able to make calls and receive calls, without ever taking your phone out of your pocket," Pranav Mistry, a member of Samsung's design team, told reporters at the launch in Berlin ahead of the annual IFA consumer electronics show there.

The Gear uses Google's Android operating system, just like many other devices made by Samsung. The South Korean electronics company said the Gear can act as an extension to a smartphone by discreetly alerting users to incoming messages and calls on its display screen.

THE ASSOCIATED PRESS

Become a tax professional.*

Looking to build your financial credentials? Want to earn additional income? Enrol in H&R Block's Tax Training School and gain the skills to become a Tax Professional.* With H&R Block, school is now more rewarding than ever. Classes start in September.

hrblock.ca | 877-32BLOCK

H&R BLOCK®

we make taxes painless

*Enrolment in, or completion of, the H&R Block Tax Training School is neither an offer nor a guarantee of employment. Additional qualifications may be required. Enrollment restrictions apply. This course is not intended for, nor open to any persons who are either currently employed by or seeking employment with any professional tax preparation company or organization other than H&R Block.

La Cité collégiale « PRATIC »
Programme d'Accès aux Technologies de l'Information et des Communications

NOUVEAU PROGRAMME permettant l'accès au marché du travail dans les technologies de l'information et des communications

Services gratuits exclusifs aux nouveaux arrivants

Saviez-vous que ?

- ✓ Le gouvernement fédéral est le principal employeur de la région d'Ottawa.
- ✓ Le gouvernement fédéral exige au minimum un diplôme collégial d'un programme de 2 ans.
- ✓ Les nouveaux arrivants ont de la difficulté à faire valoir leurs acquis éducatifs et leurs expériences de vie lors de leur inscription à un collège ou université.
- ✓ Le projet PRATIC peut vous aider à faire valoir vos antécédents, accélérant ainsi votre obtention d'un diplôme.
- ✓ PRATIC... Pour un accès rapide au marché du travail des technologies de l'information et des communications.

CONTACTEZ-NOUS DÈS MAINTENANT afin de vérifier votre éligibilité au 613 742-2475
<http://pratic.citedesaffaires.com>

Financé par : Ontario L'Ontario reçoit du soutien du gouvernement du Canada pour certains programmes de formation

CONTACTEZ-NOUS MAINTENANT! 613-742-2475

in cité collégiale

Staffers fired after black statue hanged at Leon's

Halifax. Furniture chain cans two employees, offers diversity training following incident

A Leon's Furniture outlet in Dartmouth, N.S., is apologizing and has provided staff with sensitivity and diversity training after firing two employees over the hanging of a black statue.

The furniture store says it fired the two workers after it conducted an investigation into the incident last month.

Leon's says the bronze statue with black patina was taped and hung to an office window. The statue was altered so its eyes and mouth

were whitened.

The company did not return messages seeking comment. The incident was revealed by a former Leon's employee, who has lodged a complaint of racial discrimination with the provincial Human Rights Commission.

According to the CBC, Elsworth Bottomsley told the commission he quit after the statue lynching, which followed several other racially motivated incidents over the previous two years.

Another Leon's employee, who is also alleging racial discrimination by the furniture store, is seeking to introduce the statue lynching as evidence in her case.

THE CANADIAN PRESS WITH FILES FROM METRO HALIFAX



Lobbying for a spot on your social calendar

Bartender Derek Simoes mixes drinks in the newly redesigned bar during "social hour" at a Sheraton hotel in Seattle. Long treated as dead spaces that hotel guests raced through on the way to the elevator, lobbies are being transformed into places to work, surf the web or meet friends for a drink. Large, traditional hotels are spending billions on renovations to try to mimic the style and financial success of luxury and boutique hotels, which have always drawn free-spending crowds to their lobbies. Walls are being torn down to make lobbies feel less confined, communal tables are popping up and wine lists are being upgraded. ELAINE THOMPSON/THE ASSOCIATED PRESS

Halifax

Rain washes out N.S. booze sales

Nova Scotia Liquor is reporting a drop in sales and profits for the first quarter of this fiscal year, a decline it attributes in part to an increase in precipitation. The Crown corporation says it earned \$57.1 million in profits during the first three months of fiscal 2013-14, about \$1.4 million less than the same period last year.

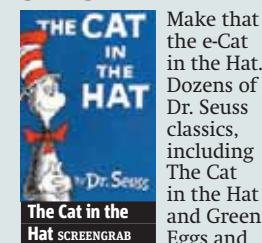
THE CANADIAN PRESS



The logo of the Nova Scotia Liquor Commission THE CANADIAN PRESS

Publishing

Dr. Seuss classics go digital this fall



The Cat in the Hat SCREENGRAB

Make that the e-Cat in the Hat. Dozens of Dr. Seuss classics, including The Cat in the Hat and Green Eggs and Ham, will

be available this fall for the first time as ebooks. Random House Children's Books announced Wednesday that the first 15 will come out Sept. 24, followed by additional publications in October and November.

THE ASSOCIATED PRESS

Market Minute

DOLLAR
95.31¢
(+0.34¢)

Natural gas: \$3.68 US (+1¢)
Dow Jones: 14,930.87 (+96.91)

TSX
12,757.81 (+17.31)

OIL
\$107.23 US (-\$1.31)

GOLD
\$1,390 US (-\$22)

Advertisement

Germany's Most Popular Diet Program

Gives you noticeable results in just 14 Days

Want to look and feel great? The unique Almased formula is clinically tested to support proper nutrition and help in weight management when used in conjunction with a healthy habit of diet and exercise. While other dietary supplements often contain caffeine, ephedrine or other harmful stimulants, Almased® blends only fermented, non-GMO soy, yogurt and

honey, for a formula that allows the body to metabolize carbohydrates, fat and protein. You can also supplement your diet with Almased to maintain immune function and healthy skin and to help in the function of the thyroid gland. Over 10 years of scientific research shows that Almased® nourishes the body and is a factor in the maintenance of good health.

4 Ways Almased® works in the body

1. Helps the body to metabolize carbohydrates and fat.
2. Helps in weight management when used in conjunction with a healthy habit of diet and exercise.
3. Helps in the function of the thyroid gland.
4. Is an antioxidant for the maintenance of good health.



GLUTEN FREE
NON-GMO

...simply because it works

To find out what else Almased can do, download your free Figure Plan Guide at www.bikini-plan.com. ENTER SOURCE CODE MOT.

Available at these fine retailers and health food stores near you:

SHOPPERS DRUG MART

Guardian WHITE CROSS DISPENSARY

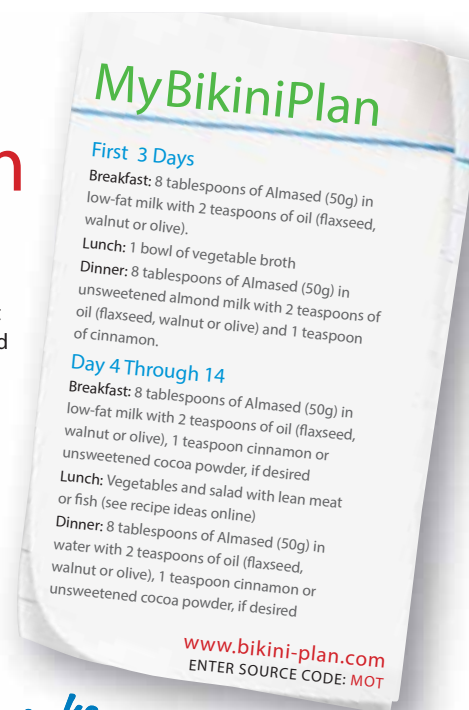
nutrition house
Better Health Lives Here

Fitshop.ca
Fitness For Everyone.

WWW.HEALTHSTORELOCATOR.COM



For retailer inquiries, please call True North Nutrition directly at toll free 1-888-446-8783.



NOT ALL TEACHERS ARE MADE EQUAL

Teachers, am I right?

In honour of the beginning of the school year, this was a test.

Did you respond to the mere mention of the profession with rage, fed up with union-protected whiners who don't realize how good they've got it, what with their summer break, free apples by the deskload and brightly coloured chalk?

Or did your eyes tear up at the very thought of these educational exemplars, the second most noble profession (just behind humour columnist), preparing the Leaders of Tomorrow despite the slings and spitballs of the Grocery Store Cashiers of Tomorrow?

Middle ground often seems like a no-man's land when it comes to the battle between pro- and anti-teacher camps.

People love labels. All of us do. It's so much easier than thinking. People can be racist. Some people are classist. Others are



HE SAYS

John Mazerolle

metronews.ca

regionalist, deciding that 5.5 million people in the Greater Toronto Area are latte-quaffing liberals or that four million Albertans are cow-romancing conservatives — all mayoral election results to the contrary.

And some people are, uh, professionalist. While teacher-bashing is more popular at the moment — teacher-praising seems reserved these days for teachers and their relatives — I've rarely heard an attempt at a balanced opinion. Educators are either heroes or heels, full stop.

Here's a hypothetical conversation:

"Must be nice to be done at three o'clock and get the whole summer off," says a teacher hater.

"Teaching is the most important profession we have, and in a just society they'd be paid as much as doctors," says a teacher lover.

"There are many excellent teachers who are making a real difference, yet there are some awful teachers who are protected

too readily by their peers," says a third person, joining in.

"Kaboom!" go the heads of the other two, like characters in a violent video game being played in the back of a classroom as we speak.

Here's the thing: I remember a theatre-arts teacher who gave us a taste of Macbeth and A Raisin in the Sun in a way that made us crave more, and I remember a French teacher who showed us Weekend at Bernie's. In English. Without subtitles.

The teaching profession is a mixed bag, just like every other profession except for astronauts and air-traffic controllers (one hopes). I choose to give individual teachers the benefit of the doubt until given reason not to.

After all, these are people who deal with classes packed tighter than a New York sidewalk, and often face junior high students without a chair and whip. And how does one deal with issues like bullying and burgeoning sexuality when, as I recall, all it takes to create chaos in a classroom is one stray bumblebee?

Last time I checked, teachers are people. Sorry to be so controversial.

ZOOM

Fish killed in polluted Chinese river



GETTY IMAGES

Factory blamed for ammonia leak

This was the scene on a 40-kilometre stretch of the Fuhe River in China after a chemical spill killed about 100,000 kilograms of fish, mainly chub, carp and snakehead. High levels of ammonia leaked into the river from a factory, and the owner has been ordered to stop operating.

The government claims the river is now cleared. **METRO**

Other animal tragedies

- 16,000 pigs were found floating in a Shanghai river this year.
- Also this year, 1,000 dead ducks were seen in the rivers of Sichuan province.
- Similar to now, more than 40,000 kilograms of fish were killed after the 2012 spill of toxic chemical cadmium in a Guangxi river.

Fishermen's losses

\$11,400

The loss per day that local fishermen will suffer, which could have a devastating effect on the area's economy.

No comment from science company

The Hubei province environmental protection department, notified of the piles of dead fish on Monday, pointed the finger at local company Hubei Shuanghuan Science and Technology Stock Co. The company said it wasn't going to immediately comment.

THE ASSOCIATED PRESS

Clickbait



HANNAH ZITNER

hannah.zitner@metronews.ca



Darwin the Ikea monkey made his first public appearance Dec. 9, 2012.
BRONWYN PAGE/THE CANADIAN PRESS/HANDOUT

If you've ever tried to find an old tweet, you know that Twitter's search function is of lamentable quality — at best. Topsy, the social-media-analytic king, has now fixed that wee problem and indexed every tweet ever sent. Ever. That's about 425 billion pieces of content, according to the New York Times. So what can you do with this while companies figure how to get rich from it? Have fun playing a spirited game of first tweets.

Ikea monkey

Where did the first Ikea monkey tweet come from?

Bieber

What was his first tweet?

Trudeau and pot

Find out just how far back the Trudeau pot-smoking story surfaced.

Twitter



@metropicks asked: Dr. Seuss books are coming out in e-editions. Do kids miss out on anything by using an e-reader?

@Canucklehead_ca: Good luck with that e-reader at a book signing! (See also: in direct sunlight.)

@BrianBlatnicki: how do you bor-

row with e-readers?

@canadiansteph: how can you tell which books are more loved than others? My son's most loved book is torn and bent, and loved:)

Follow @metropicks and take part in our daily poll.

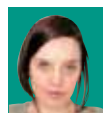
WE WANT TO HEAR FROM YOU:

Send us your comments: ottawaletters@metronews.ca

Chasing the Light: Local band working hard for its dreams

Silvergun and Spleen.

Two sisters decided seven years ago to make a living in music — and they're doing it



BACKSTAGE PASS
Jen Traplin
ottawa@metronews.ca

Sisters Marie-Eve and Veronique Mallet, also known as Merv and Vern, decided years ago that they wanted to make a living by being in a band, despite the fact that neither had ever picked up an instrument.

That was in 2006 and ever since Merv and Vern, and bandmates John Lenherr and Chris Page, have been turning those dreams into a reality with their indie alt-rock band Silvergun and Spleen.

While Lenherr and Page still maintain jobs in the real world, Merv and Vern work full-time on



Silvergun and Spleen play on Thursday at Ritual Nightclub. CONTRIBUTED

The show

- **Chasing the Light Tour.** Kickoff featuring Silvergun and Spleen, The Lionyls, The Superlative and The Ginger Fox Band
- **When.** Thursday, 8 p.m.
- **Where.** Ritual Nightclub (137 Bessner St.)
- **Cost.** \$10

band business. In the past, they've used a publicist and radio tracker but this year they're doing everything themselves.

"We're very fortunate to be able to do this full-time because, otherwise, it would be impossible," says Merv.

"It can be really overwhelming; there are so many things to do. But we're doing 13 to 16 hour days for the last few months

here. We decided that, if we were going to do this, we were going to do it right, so we put the band first all the time.

"We literally have said goodbye to our social lives since we started the band. It's really no joke."

Starting Thursday, the band will kick off an impressive and lengthy tour that will take them to just about every corner of the country. It will see them

perform songs off their critically-acclaimed sophomore album, *Semi Truck*, as well as a host of new tunes they've been working on.

The Chasing the Light Tour started as a 40-date gig but that has since been expanded to include more than 50 dates.

With an extensive tour on the horizon, Merv admits the band is eager to show both new and current fans that Silvergun and

Spleen is the real deal.

"I feel like there's a lot of artists out there that feel like, in order to be a real band, you have to go through certain things or you have to be a certain way and we're not the party animals that maybe other bands are.

"We're not super tormented or anything like that. We really just feel the music and everything we do is just 100 per cent real."

2
SCENE

PRODUCED BY Koba Entertainment

nickelodeon
DORA the EXPLORER LIVE!
Search for the City of Lost Toys

Based on the HIT SHOW on Nickelodeon

© 2013 Viacom International Inc. All Rights Reserved. Nickelodeon, Dora the Explorer and all related titles, logos and characters are trademarks of Viacom International Inc.

November 2 & 3
CentrepoinTE Theatre

**4TH SHOW ADDED
ON SALE TODAY!**

For tickets call 613.580.2700 or 1.866.752.5231
or visit www.centrepoinTEtheatre.com

VIP PACKAGES AVAILABLE!

www.DoraLiveCanada.com

nickelodeon koba paquin

MEDIA PARTNER

MAJIC
1003
Today's Soft Rock

You gotta know when to tune in, and out

With a number of comedies vying for your chuckles, we've created this handy guide to help you channel surf this fall. Just answer 'yes' and follow the white wire, or 'no' and follow the black coaxial cable to the perfect show for you

METRO

You want to support Canadian TV?



You don't care if it was made here, as long as one of the stars is a Canuck?



You might tune in more if that Canadian star was Jerry O'Connell and he was in a Speedo



Really, the fat kid from Stand By Me? you prefer statuesque Canuck Malin Ackerman



You think Canadian Michael J. Fox's return to TV is the second coming!



Rebel's character is a bit too nightclub-naïve for your taste.



Who cares about saving the world? You just want to have fun like that crazy Aussie, Rebel Wilson



Cheers was funny, but if there was a groundbreaking Thursday night show, it was Will and Grace



Speaking of crazy, Leah Remini be damned, it's all about Scientology and Kirstie Alley



Family Ties was OK, but Robin Williams ruled the early '80s on Mork and Mindy



Sure those singles are having fun, but it's time to settle down and get married



Yeah, but after the honeymoon is over you separate and end up hanging out with mom again



Who cares about the moms? Bring on the paternal instinct



If I am going to watch a show about a dad, then at least make sure he looks like Chris Meloni



No, no, no, it doesn't matter if dad's a babe, it just needs to be set in the '80s.



TUESDAY SEPTEMBER 10 7:00PM

WWE SMACK DOWN TV

LIVE AT **CANADIAN TIRE CENTRE**

TICKETS STARTING AT \$20

TICKETS AVAILABLE AT THE CANADIAN TIRE CENTRE BOX OFFICE, CAPITALTICKETS.CA OR CHARGE-BY-PHONE 613-599-FANS / 877-788-FANS

LONG DISTANCE CHARGES MAY APPLY

#WWE0ttawa

© 2013 WWE. All Rights Reserved. Ticket subject to change.

SOME CALL IT ORGANIZED CRIME. OTHERS CALL IT FAMILY.

THE FAMILY

IN THEATRES IN SEPTEMBER 13TH

You could **WIN** advance screening passes to see **THE FAMILY** September 9th

VISIT **clubmetro.com** TO ENTER

e one ENTERTAINMENT ONE

No purchase necessary. Terms & conditions apply. For full contest details and conditions, visit clubmetro.com

Multi-faceted Duplass in League of his own

Q&A. Director, actor and self-confessed workaholic talks about the beauty of Pete and staying close to the cast

MATT PRIGGE
Metro World News in NYC

To some, Mark Duplass is a filmmaker specializing in small dramedies like *The Puffy Chair*, *Cyrus* and *Jeff, Who Lives at Home*. To others, he's an actor who plays soulful slacker types in *Humpday*, *Your Sister's Sister* and *Safety Not Guaranteed*. But to most, arguably, he's Pete, the horrifically dude-ish fantasy football addict on *The League*.

Though the FX show enters its fifth season, Duplass says his character hasn't changed much — which is good.

How do you feel Pete has evolved over the seasons?

Here's the greatest thing about Pete and this show: Pete does not grow up. Every man-child movie or anything you watch, over the course of 90 minutes they learn their lessons and become good people. Pete's kind of a terrible human being. He's super shallow. He's very into fantasy football because he doesn't have very much else going on in his life. He really doesn't change — which I kind of love.

Do you think he'll ever change?

I think Pete's got a shot at beginning self-awareness around 75. But I wouldn't bet on it.

Are there any stray similarities between you and Pete?

No, I'm so different from him. He has this confidence — even if he doesn't work hard, he knows he's going to be fine in the world. I'm deathly afraid of failure and am pretty neurotic and I'm a workaholic

because of that. If I don't create projects for myself, nothing will happen.

The cast is mainly comic actors, whereas you and your wife Katie Aselton come from movies.

The films that we've done are dramedies, so we have an appreciation for comedy. You just have to take ego out of it, and make sure you're not trying to be the funniest one in the scene all the time. You're just trying to make the funniest scene you can. And sometimes that's setting somebody else up.

How do you maintain the group rapport, especially with gaps in seasons?

We're all very close friends. Steve (Rannazzisi) just moved back to New York. But the rest of the cast, we all live within two miles of each other. We use Katie's pool as a place where we hang out a lot. We're buds; we just kind of lucked out on this one.




Mark Duplass lazing around on *The League*. HANDOUT

As an actor, what are the challenges of doing TV versus film and hanging onto the same character?


The League is a bit like summer camp. I get to show up and just be an actor and improvise and have fun. And then I walk away. We're not really arcing these characters

long-term. We're watching them in their stasis — we're watching their eternal state of man-childishness. The real challenge is trying to stay creatively relevant and stay creatively inspired. The thing that helps us the most with *The League* is it's an improvised show. We work

from outlines, so you can never get to that lazy space where you just memorize your lines and spit them out. You always have to be on your feet; you always have to be paying attention because you never know what's going to happen. It keeps you vital.



Formation linguistique axée sur les professions



FORMATIONS GRATUITES!
Réservées aux immigrants*


- FLAP-Santé: 16 Sept. 2013
- FLAP-Construction: 16 Sept. 2013
- FLAP - EPE: 16 Sept. 2013

FORMATIONS GRATUITES AFIN DE VOUS AIDER À DÉCROCHER OU À AMÉLIORER VOTRE EMPLOI

Vous êtes nouvel arrivant, vous recherchez des résultats concrets, un perfectionnement ciblé dans les domaines de la santé, de l'éducation à la petite enfance ou de l'hospitalité - restauration / tourisme.

Informez-vous dès maintenant en composant le 613 742-2475 | flap@lacitec.on.ca

Ce projet est rendu possible par le financement de :



Citizenship and Immigration Canada

Citoyenneté et Immigration Canada

la cité collégiale



Grand Prize features an AZUL BEACH HOTEL 7-night Gourmet Inclusive® vacation for your family in Riviera Maya, Mexico! With an intimate 148 suite beachfront setting, AZUL BEACH HOTEL [www.karismahotels.com] is the family-friendly, boutique-style property.



You could WIN

one of 10 copies of "Super Buddies" on Blu-ray™ Combo Pack.

You could also win the **SUPER GRAND PRIZE** of the Blu-ray™ Combo Pack and an **AZUL BEACH HOTEL** getaway for your Super Family in Riviera Maya, Mexico!

AVAILABLE NOW

VISIT clubmetro.com TO ENTER

©Disney

No purchase necessary. Terms & conditions apply. For full contest details and conditions, visit clubmetro.com

THE WORLD'S FAVOURITE REDHEAD COMES TO VISIONTV

Anne of Green Gables™

Weeknights at 6pm ET

"ANNE-A-GRAM" WATCH & WIN CONTEST!

Watch weeknights at 6pm ET and spot the Anne-a-gram puzzle. Solve it and enter for your chance to win a trip for 2 to Prince Edward Island.



PLUS A \$2000 shopping spree of Anne of Green Gables, Road to Avonlea and Wind at My Back DVDs and merchandise at SHOPATSULLIVAN.COM

sullivan
entertainment



ZOOMERTV
NEWS • MOVIES • MUSIC • FAITH

Rogers 61/95/96/237 | Bell FibeTV 213 | BellTV 261
Shaw Direct 394 or check your local listings

visiontv.ca



Keeping mum, finding sympathy for the devil

Lydia. Breaking Bad star Laura Fraser on making a "demented," corporate drug trafficker sympathetic and the pain of staying tight-lipped

NED
EHRBAR
Metro World News in Hollywood

Scottish actress Laura Fraser is eager for Breaking Bad fans to finally see the end of the series, which has its finale Sept. 29 — mostly because she's getting tired of keeping her mouth shut about how the whole thing ends.

How much did you know about how things would play out as you were filming the final episodes?

I got to read all the episodes for this season, but while we were shooting them I had no idea. I got the scripts just a

few days before, maybe sometimes a week before we shot them. I feel kind of smug right now because I know how it ends.

How much are you allowed to say about it, speaking as obliquely as possible?

Well, it's terrible. It's very hard to do interviews about the show. It's such a secret that you reveal anything under penalty of death. The person the most upset probably wouldn't be the producer of Breaking Bad, it would be the person you told. So I've just been



Laura Fraser plays Lydia in Breaking Bad. GETTY IMAGE

using, you know, metaphors and being very, very vague.

How was it coming into the show so late into its run?

It was very strange, and it still remains quite surreal for me because I came in only last spring. They all already knew each other so well; they were family, the cast and the crew. The series had been going five years at that point. It was kind of like being the new kid at school — and also like gate-crashing an amazing party that's in full swing. You feel lucky to be there but you're not sure that you fit in. But everybody made me feel really welcome.

You always play Lydia with the sense of constant clenched fear.

Yeah, she's a demented character. I mean, I didn't know how demented she was in the beginning. She seems to vibrate at a very high-pitched frequency. She's constantly in fight-or-flight mode, you know? I feel like she's gone from being rather cold to completely glacial. She's almost like a little Nazi in these last episodes. She keeps surprising me. She still comes from such a place of fear, but this greed she has is really trumping her fear, and she's

always got this keen sense of something horrendous might be about to happen. Or she might just implode or crumble into a thousand pieces or something.

The show is so good at making the audience sympathize with people who do horrible things for a living.

Yeah, they're good at that, aren't they? Even with Lydia, you got sympathetic in her first episode, that she didn't beg for her life when Mike put the gun to her head — she had this more interesting response that tells you a lot about her character and that she would fight for her daughter. But other than that I wouldn't say that Lydia's a very sympathetic character, really.

Well, I've always found her sympathetic. Really? Interesting.

What do you have planned now that the show has come to an end?

I don't know, I'm totally slacking. I'm over in Scotland right now visiting friends and family and hanging out. I have a couple of films coming out, but I'm not working right now. Yeah, I need to get a job, you've reminded me.



Miley Cyrus. ALL PHOTOS GETTY IMAGES

Miley's motto: Don't think, just twerk

Miley Cyrus finally spoke out about her much-debated MTV Video Music Awards performance with Robin Thicke.

"I don't pay attention to the negative because I've seen this play out so many times," she tells MTV.com. "Madonna's done it. Britney's done it. Every VMA performance, that's what you're looking for. You're wanting

to make history."

That being said, even Cyrus is surprised by how much discussion her twerking has prompted.

"People are still talking about it. They're overthinking it," she says. "You're thinking about it more than I thought about it when I did it. Like, I didn't even think about it because that's just me!"

Twitter



@TomArnold

Is my baby crying in spite of my wife's singing or because of it?



@KChenoweth

Trust me, you can dance. -Wine



@SethMacFarlane

Chilling thought: With all the billions of people on Earth, the odds are very high that right now, someone is watching "Fred Claus."

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word



There is No Doubt that Stefani is pregnant

MELINDA
TAUB

Metro World News

Gwen Stefani, who never seems to age in spirit or looks, is proving her youthfulness yet again by getting pregnant at 43.

In Touch reports that the singer and husband Gavin Rossdale are expecting their third fabu-

lously dressed offspring sometime soon.

A "source" tells the mag the two "couldn't be happier." If true, baby number three joins brothers Kingston, 7, and Zuma, 4.

Last year, the singer told Marie Claire that she and Rossdale tried for a third but it didn't happen.

"I really, really, really wanted one about two years ago," Stefani said.

"And it didn't really work out. So... I feel good with what we've got. Everything works out how it should. You can't plan anything, right? You can try."



Simon Cowell

Those finger paintings are truly disappointing

Simon Cowell is going to be just fine as a father once girlfriend Laura Silverman gives birth, thank you very much.

"Once I got used to (becoming a father) I did get excited. I think I will be a good dad, so I'm excited," he tells the BBC. "I am good

with kids because I like kids. I really do like them and I listen to them."

But that doesn't mean Cowell plans to change any diapers.

"I'm not doing that, 100 per cent absolutely not going near that," he insists.



Calvin Klein

Sorry Beckham, we need someone less famous

To hear Calvin Klein tell it, he couldn't use David Beckham in a series of underwear ads in the U.K. recently because the soccer star was too famous.

"They said, 'You can have him for the rest of the world,

but you can't have the U.K. because he's too popular,'" Klein explains to Marc Jacobs in a chat for Interview magazine.

Klein ended up going with retired Swedish soccer star Freddie Ljungberg instead.

SATURDAY, SEPTEMBER 7 & SUNDAY, SEPTEMBER 8

SUPER
Spend
YOUR POINTS
EVENT!

SPEND
25,000 POINTS
AND GET UP TO
\$50 OFF*

THAT'S
AN EXTRA
\$16

SPEND
50,000 POINTS
AND GET UP TO
\$110 OFF*

THAT'S
AN EXTRA
\$25

SPEND
95,000 POINTS
AND GET UP TO
\$220 OFF*

THAT'S
AN EXTRA
\$50

FREE
feels good
Optimum

Visit shoppersdrugmart.ca or the store nearest you for details.

*Some conditions may apply. See store for details. Offer valid September 7 & September 8, 2013 only.

SHOPPERS
DRUG MART

In the tents or on the town

The prospect of sidling up to Lincoln Center in New York or a cocktail party in Soho wearing your most well-worn clothes may not seem like the best idea. But help is at hand, because as these styling tips we've collected from our street style galleries prove, you don't need an endless designer wardrobe to compete during fashion month.

METRO WORLD NEWS



The Pick'n'Mix

A taxi driver once told Garance Dore that he could spot the girls working in fashion by the fact that nothing they wore matched. Pairing Breton stripes with graphic florals and a denim jacket might be unexpected in the civilian world, but in fashion the two go together like Karl Lagerfeld and Chanel. The irreverence that lies behind such a move is obvious. This tip is all about attitude, so whilst there's a fine line between experimental and, well, ugly, you'll exude confidence by daring to work it.



JIMMY CHOO PUMPS,
\$695
JIMMYCHOO.COM



ROKSANDA ILINCIC TOP,
\$815, NET-A-PORTER.COM



ROLAND MOURET
STRETCH-DOUBLE CREPE PANTS,
\$905, NET-A-PORTER.COM



The Sweatshirt Effect

Ever since sports-luxe became a fashion noun, sweatshirts have slowly worked their way into the most stylish of wardrobes. Build up a go-to look by teaming a grown-up version with basic skinny jeans and a high-impact accessory such as a statement necklace or a leopard print bag.



CARVEN SWEATER, \$271,
MY-WARDROBE.COM



RODARTE SWEATER,
BROWNSFASHION.COM, \$249



MOTHER OF PEARL SWEATER,
\$355, NET-A-PORTER.COM



The Fashion Pop

By Milan fashion week the impracticality of those huge Balmain shoulders or bandaged JW Anderson sleeves will be hitting home and cravings for a more comfortable look will start to kick in. This fashionista occupied the middle ground at Italy's fashion week with a fashion pop — that one special item that lifts an entire look. In this case it's her unusual jacket that adds a finished twist to an otherwise laid-back ensemble.



ALEXANDER MCQUEEN BELT,
\$995, ALEXANDERM
CQUEEN.COM



BURBERRY PRORSUM BAG,
\$1,395



CHARLOTTE OLYMPIA SHOES,
\$1,200, NET-A-PORTER.COM

The Kit

Canadian street style

Spotted in: Toronto

Jessica

American Apparel employee

What she's wearing

Melissa shoes, Silence and Noise shorts, necklace from Urban Outfitters, L.A.M.B. bag and sunglasses from boutique in New York.

Her inspiration

"I dress based on how I feel. Today I wanted to be on vacation so I left my shirt open. I get inspiration from Anna Dello Russo, Stella McCartney and Marc Jacobs."

THE KIT IS A MULTI-PLATFORM BEAUTY AND FASHION BRAND WHICH INCLUDES AN INTERACTIVE MAGAZINE AND DYNAMIC APP, A WEBSITE, KIT CHAT — AN E-NEWSLETTER PROGRAM — AND A WEEKLY NEWSPAPER SECTION TOO!



One-minute miracle

Lash blast

The Falsies Big Eyes Mascara, \$12. Available at mass retailers.

"Beauty junkies obsess when hunting for the perfect mascara. Those who love super-long lashes without being over-the-top should check out Maybelline New York Volum' Express The Falsies Big Eyes Mascara. Its double-ended tube features a fat brush to create dramatic and buildable length on upper lashes, and a tinier brush to define smaller lower ones."



Deborah Fulsang, TheKit.ca

FOR MORE FASHION AND BEAUTY NEWS YOU CAN USE, CATCH UP WITH THE KIT AT THEKIT.CA

Film festival decorating on a budget

As the Toronto International Film Festival ramps up for another run and my love for *The Great Gatsby* movie lingers on, I thought it would be nice to pay homage by adding some art deco glam into my home. From walking the red carpet to creating sparkle and shine, there are lots of on-trend home decor accessories to help you feel like the VIPs when coming home from a night at the movies.



DESIGN CENTRE
Karl Lohnes
home@metronews.ca

Placemat

Layer on the dining table for instant sparkle at your next dinner party or place one under a crystal lamp to dress up an end table. Urban Beaded Placemat, \$12.50, simons.ca.



Runner

Feel like a VIP when you walk through the front door with your very own red carpet. Bold Stripe Red Floor Runner, \$210, crateandbarrel.com.



Bathroom tray

Display your perfume bottles or soap in true '20s Hollywood style. Polished Nickel Accessory Tray, \$21, sears.ca.



Chandelier

Inject Hollywood glamour to a foyer or bedroom with the drama of sleek black. Concerto Six-Light Black Lucite Chandelier, \$179, homedepot.ca.



Beaded pillow

Add the sparkle of French gold to a neutral sofa or chair. Beaded Lombar Pillow Cover, \$59, zarahome.com.



Drink cart

Perfect for holding towels in the bath or bottles on the terrace. Chrome and glass looks great in any decor. Ernst Chrome Bar, \$199, cb2.com.



Mirrored chest

Place beside the bed, in a foyer or as a bar cabinet in the dining room; mirror always adds a lux-touch. Glamour Bed-side Mirrored Chest, \$699, bombay.ca.



Champagne glasses

At this price buy a case; it's cheaper than renting. Glass Champagne Flutes, \$2, dollarama.com.



THE AZURE
WESTBORO

LIVE LIFE BEAUTIFULLY

One bedroom suites from
\$275,000 to \$475,000. Located
minutes from everything.

TheAzure.ca | 613.234.4346



A DEVELOPMENT BY
AZURE
Aqua Group Development Inc.

DESIGNED IN LONDON BY
PLP/ARCHITECTURE





Not using a ruler can lead to DIY disaster. But there are also some less obvious mistakes people make. ISTOCK IMAGES

Upgrade your home, not your headache

DIY ideas. With proper planning and research, you can ensure your two week renovation doesn't turn into a two year headache

It's common for DIY renovations to begin with enthusiasm and a grand vision only to fall into disorder and frustration.

To learn more about common renovation mistakes and how to reverse the damage, tune in to Rescue Renovation on DIY Network Canada. For now, here are a few tips.

1. Too much to do with too little time

It's important to remember that the larger the project, the bigger the time commitment. Be realistic with how much of your nights, weekends and vacation time

you're willing to dedicate before beginning.

2. Not doing it right the first time

Always think long term when planning your renovation. Cutting corners and costs on material and equipment may make sense now, but it will only lead to future costs for repairs and replacements.

3. Measuring once, cutting twice

There's nothing more discouraging than installing kitchen cabinets or a bathroom vanity to discover that your measurements were an inch too long. Measurements must be exact so if you doubt yourself, ask for help before placing your orders.

4. Designing trendy instead of designing smart

Trends come and go but your renovations will be with you for years. While you may want those flashy pur-

ple cabinets and to replace your stairs with a slide, your home's value is likely to decline if you decide to sell. Instead, focus on making each area of your home suited for a purpose and use furniture and decor to add your personal style.

5. Overlooking permits

Permits are probably the easiest area to overlook. Many renovations won't require permits, but if you're considering changing your home's structure, you'll need to do some research. Without the proper permit, you can be issued a stop work order and you may not be covered by insurance in case of an accident. Showing potential buyers that your DIY renovations met safety standards can really help raise the value of your home.

SEASON TWO OF RESCUE RENOVATION PREMIERES WITH BACK-TO-BACK EPISODES ON THURSDAY, SEPT. 19 AT 10 P.M. ET/PT

HIGH STYLE & GREAT VALUE

ONLY AT



THE Upper Room
— home furnishings —

2670 Queensview Drive

www.UpperRoomHome.ca

Queen Bed/Night/
Dresser/Mirror

\$2499⁹⁹

FINANCING AVAILABLE

12 months, equal payments
No interest. (OAC)

WHERE
OLD MEETS
NEW **AND**
CONVENIENCE
MEETS
OPPORTUNITY

the **BOWERY**
condos + lofts

Condominium
living with
a distinctly
New York vibe
From \$179,000

COMING SOON

Sizes, prices and specifications subject to change at any time.
Illustration is Artist's Concept. E.&O.E.



Register at
thebowerycondos.ca
613.695.7577

**In Centretown just
steps from Bank St.**

 **RICHCRAFT™**
Group of Companies

Bellissima! Pasta Primavera minus the pesky carbohydrates

The most delicious and satisfying meals are often the simplest. This flavourful favourite is bound to sweep you away. Make it your very own low-carb staple. Enjoy with a glass of biodynamic red wine, if you wish.

1. Noodles: Slice zucchini in thirds, then spiralize (by using a potato peeler) into thin noodles. Set in colander to drain. (Once zucchini noodles are mixed with sauce, they will release a lot of water, making them soggy. Drain spiralized noodles in a colander, sprinkled with a little salt, before adding sauce. Or pat zucchini between paper towels to pull out some of the excess moisture.)

2. Primavera Sauce: In a blender, blend tomatoes, red pepper, and garlic. Add remainder of sauce ingredients and blend until well mixed. Spoon over noodles and sprinkle with black pepper, basil,

and 2 to 3 tablespoons of Pine Nut Parma (optional).

3. Pine Nut Parma: In a food processor, chop nuts to a fine meal (or finely chop by hand).

Add salt, onion powder, and yeast and pulse until crumbly. Parma will keep in refrigerator for 1 month. **RECIPES PRINTED WITH PERMISSION FROM THE SIMPLYRAW KITCHEN BY NATASHA KYSSA**

Ingredients

Noodles

- 6 medium zucchinis, peeled

Primavera Sauce

- 4 medium Roma tomatoes, chopped
- 1 cup (250 ml) chopped red bell peppers
- 2 garlic cloves
- 1 cup (250 ml) sun-dried tomatoes, soaked for 30 minutes
- 2 tbsp pitted Kalamata olives
- 1 tsp lemon juice
- 2 tbsp extra virgin olive oil
- 2 pitted Medjool dates or 1 tbsp maple syrup
- 2 tsp onion powder
- 1 tsp garlic powder
- 1 tsp Italian seasoning
- 3 tbsp minced fresh basil

leaves

- 1 tbsp minced fresh oregano leaves
- 1 tbsp gluten-free tamari
- 1/8 tsp freshly ground black pepper
- cayenne pepper, to taste
- freshly ground black pepper, to taste
- 2 tbsp chopped fresh basil, for garnish

Pine Nut Parma

- 1/4 cup (60 ml) dry pine nuts
- 1/4 cup (60 ml) dry cashews
- 1/8 tsp Himalayan salt
- 1/2 tsp onion powder
- 2 tbsp nutritional yeast (optional)

Pasta Primavera



This recipe serves four. PRINTED WITH PERMISSION FROM THE SIMPLYRAW KITCHEN BY NATASHA KYSSA

Cookbook of the Week

Raw made easy



Promoting a balanced, flexible diet based on gluten-free and toxin-free plant foods can be easy and delicious. Natasha Kyssa sets out to prove this in her book *The SimplyRaw Kitchen*.

Through 134 recipes the book features a guide to the lifestyle that's easy to follow and accessible.

Among the delicious raw dishes in *The SimplyRaw Kitchen* are Spicy Thai Salad, Spinach and Mushroom Dip, Soft Taco Verde, Romanian Cabbage Rolls, Corn and Bean Skillet and more. **METRO**

Lemons and strawberries star in 'cheezecake'



Flip the bottom of a removable springform pan upside down before filling with crust. PRINTED WITH PERMISSION FROM THE SIMPLYRAW KITCHEN BY NATASHA KYSSA

Impress your friends —whether or not they're raw foodists — with this rich and refreshing cheezecake. The jam is optional but provides a lovely garnish. With or without jam, this zesty cake is a winner!

1. Crust: In a food processor, process almonds with salt until it forms a fine flour. Add remainder of crust ingredients and process until mixture starts to stick together. Press into an 8-inch (20-cm) springform pan. Refrigerate while making the

filling.

2. Filling: In a blender, process cashews with lemon juice, lemon zest, maple syrup, vanilla extract and salt until smooth. Add coconut oil and blend again. Pour over crust. Refrigerate for at least 4 hours before serving. It also freezes well.

3. Strawberry Jam: In a blender, blend all jam ingredients until smooth. Store in a squeeze bottle and drizzle onto cheezecake or beside a slice of it on a plate.

Ingredients

Crust

- 1 1/2 cups dry almonds
- dash Himalayan salt
- 2 tbsp shredded coconut
- 1/4 cup (60 ml) packed, pitted Medjool dates
- 1 tsp vanilla extract

Filling

- 3 cups (750 ml) cashews, soaked for 30 minutes or more
- 1 cup (250 ml) lemon juice

- zest of 1 lemon
- 3/4 cup maple syrup
- 1 tbsp vanilla extract
- dash Himalayan salt
- 1/2 cup (125 ml) melted coconut oil

Strawberry Jam

- 2 cups (500 ml) fresh or frozen strawberries
- 1/2 cup (125 ml) pitted dates
- 1 tsp vanilla extract

Oktoberfest 2013

OKTOBERFEST 2013... FOOD! MUSIC! BEER! FUN!

KATHLEEN EDWARDS • SLOAN • THE SADIES

RICH AUCOIN • YOUNG RIVAL • THE BALCONIES • THE MAHONES • WALTER OSTANEK

OKTOBER 4TH & 5TH • VANKLEEK HILL FAIRGROUNDS • BUS PACKAGES FROM OTTAWA

VISIT ➡ BEAUS.CA TICKETS & INFO

Have your beer and roast a chicken, too



This recipe serves four. MATTHEW MEAD/ THE ASSOCIATED PRESS

1. Set oven rack in lowest position in oven. Remove upper racks. Heat to 175 F.

2. Wash hands well with soap. Remove neck and bag of giblets from inside chicken. Slide fingertips underneath skin at neck opening and gently work skin away from meat. Continue as far as you can reach on both front and back. Turn chicken over, and repeat from cavity opening at base of bird, making sure to loosen skin on drumsticks so that it is attached only at the wings and the ends of legs.

3. Use knife to pierce skin at foot end of each leg and at tail end of the front and back.

4. Pour contents of beer can into a glass, and enjoy. Push empty can into the tail end of the bird far enough that it can stand upright as it rests on can.

5. Use bulldog clip to pinch skin closed so that steam inflates the loose skin like a balloon and holds it away

from the damp meat as the chicken roasts.

6. Set baking sheet in oven. Insert probe of oven-safe thermometer into deepest part of the chicken's thigh. Stand chicken upright (on can) on baking sheet and roast until core temperature reaches 145 F if you want the white meat to be juicy and tender; for more succulent dark meat, continue roasting to a core temperature of 150 F. A medium-size roaster will need 3 to 4 hours.

7. After first 30 minutes of roasting, check effective baking temperature by inserting digital thermometer through the skin to a depth of 3/8 of an inch. Temperature should be within 5 F of target core temperature (either 145 F or 150 F). If it is too high, open oven door for several minutes; if it's too cool, increase oven setting slightly. Repeat this check of the near-surface temperature every half hour.

8. When core temperature hits target, take chicken out and let rest, uncovered, for 20 minutes. Meanwhile, increase oven temperature to hottest baking setting. Don't use broiler.

9. Return bird to hot oven, turn on the light, and watch it carefully as it browns. The goal is crisp, golden brown skin. Skin will start to brown quickly, and browning will accelerate once it starts, so keep your eye on it. Once the chicken browns, remove can, carve the bird and serve immediately while the skin is crispy. **THE ASSOCIATED PRESS/ W. WAYT GIBBS, EDITOR-IN-CHIEF OF THE COOKING LAB, THE CULINARY RESEARCH TEAM LED BY NATHAN MYHRVOLD**

Ingredients

- 1 medium roaster chicken
- 12-oz can of cold beer (any variety you like to drink)

FRESH CO.

frenzy

\$1 \$2 \$3... SALE

Sealtest Chocolate Milk 1 L
Neilson Shakes 325 mL

\$1

SAVE UP TO \$1.69

Chapman's Canadian Collection 55-140 mL
or Chapman's Sundae 1L

\$2

SAVE UP TO \$1.99

Buitoni Pizza 340-365 g

\$3

SAVE \$1.99

Dempster's Smart Bread 650 g
Bagels 450 g

2/\$4

SAVE UP TO \$2.74 or \$2 ea.

Compliments Traditional, Super 6 or Super 8 Beef Burgers Frozen 1.36 kg

\$5

LESS THAN 1/2 PRICE

Prices in effect Thursday, September 5th to Wednesday, September 11th, 2013

See the whole flyer, and find a store at FreshCo.com

metro

FOLK FESTIVAL

Thursday, September 5, 2013



Canadian icon Gordon Lightfoot will play the RavenLaw Stage Sunday at 8 p.m. As well as Lightfoot, the Ottawa Folk Festival presents a lineup that will suit a variety of tastes. CANADIAN PRESS FILE



Kendrick Lamar. CONTRIBUTED



Robyn Hitchcock. CONTRIBUTED

Continuing to push the boundaries

Eclectic lineup. Annual festival provides a taste of different acts to whet all musical appetites

SAMANTHA EVERTS
For Metro

Set in the natural beauty of Hog's Back Park, the Ottawa Folk Festival will welcome thousands of music fans through to Sunday.

The five-day festival is a celebration of music, art,

dance, workshops and community with an eclectic mix of musical programming for which executive director Mark Monahan is famous.

Festival-goers will notice the schedule consists of what folk music is all about — bringing people together.

With the success of last year's event with Bon Iver as

the headliner, organizers are expecting increased attendance numbers thanks to this year's star-studded lineup.

"I'm very pleased that Dallas Green (City and Colour) could accommodate us on such short notice," Monahan said. "He'll make a great opening night (Wednesday night) for the festival."

There are plenty of traditional folk acts, but performing alongside them are indie pop stars Vampire Weekend and hip-hop artist

Celebration

- The Ottawa Folk Festival is a five-day celebration of music, dance, visual arts and community at Hog's Back Park. The festival runs through to Sunday. For more, see ottawafolk.com.

Kendrick Lamar.

"This is an excellent fit for our younger audience, much as the addition of Gordon

Lightfoot is for our more traditional patrons," Monahan said.

"The programming brings a broad demographic," said AJ Sauve, director of media relations.

Students up to 21 years old will be able to experience what Ottawa art and culture has to offer thanks to a youth wrist band.

"With the students back in town it's a vibrant time of year," Sauve said.

"I'm really looking forward

to folk fest fans checking out the free side because it's a great way to get a taste of folk fest and not worry what it may or may not cost."

The two free stages will feature such acts as Australian buzz band Vance Joy and English icon Robyn Hitchcock.

Regardless if you are there for hip hop or alt-rock, the folk spirit celebrates outstanding and expressive music that constantly pushes the boundaries.

Best bets. Director's picks to check out

Get the inside scoop from Ottawa Folk Festival executive director Mark Monahan on who to catch at this year's event.

Thursday
Colin Meloy

Colin Meloy is the lead singer and songwriter for the Portland, Ore., folk rock band The Decemberists and has a killer solo act.

Shred Kelly

Hailing from the town of Fernie, B.C., the five-piece

band is known for mixing claw hammer banjo riffs with ambient synth, high-voltage guitar, fierce drums, and hauntingly sweet vocal harmonies to produce the properly coined "Stoke Folk."

Friday
Kendrick Lamar

He has risen from underground cult hero to mainstream superstar with Dr. Dre and Snoop Dogg declaring him the "new king of the West Coast." Good kid, m.A.A.d city is a masterpiece

of technical rapping and structured storytelling.

Matt Anderson

Matt Anderson took up guitar at age 14 and after multiple tours of the U.K., The London Times called him "Canada's greatest guitarist." In 2010, he became the first Canadian to win Memphis's famed International Blues Challenge.

Saturday
Pacific Curls

This talented New Zealand-based female trio presents a

backbeat of Pacific rhythms, lively fiddle playing and rootsy Maori instrumentation and lyrics.

Avett Brothers

The high-flying ensemble tears through tunes with unbridled energy, popping banjo and guitar strings right and left, while inciting stomping singalongs.

Sunday
Rachel Sermanni

A 20-year-old singer-songwriter from the Highlands of Scot-

land, her track My Friend Fire was recorded and produced by Ben Lovett of Mumford & Sons after they discovered Sermanni playing on a beach.

Gordon Lightfoot

This is a marquee booking — a first for the Ottawa Folk Festival. When people think of iconic Canadian acts, Lightfoot tops the list, not only in Canada, but internationally.

For more of Monahan's picks, visit director's picks at ottawafolk.com.

SAMANTHA EVERTS



Rachel Sermanni plays the Ottawa Folk Festival Sunday.

FERGUS FEGGANS PHOTO



presented by


Download our **FREE**
Mobile App for iPhone,
Android and BlackBerry!

facebook.com/OttawaFolkFestival

@ottawafolk



ADVENTURES in Folkland

Sept 4-8
2013



Hog's Back Park

VAMPIRE WEEKEND • KENDRICK LAMAR
CITY AND COLOUR • THE AVETT BROTHERS • THE SHEEPDOGS • SHAD + MORE!

GET YOUR DISCOUNTED STUDENT TICKET! Ottawa University, Carleton University Students and Algonquin College Students have access to \$30 tickets* Visit www.ottawafolk.com/student-deals or inquire with your SA! *Dates available for purchase vary by institution.



Canadian
Heritage

Patrimoine
canadien



ONTARIO CULTURAL ATTRACTIONS FUND
LE FONDS POUR LES MANIFESTATIONS
CULTURELLES DE L'ONTARIO



Ontario



ONTARIO ARTS COUNCIL
CONSEIL DES ARTS DE L'ONTARIO
50 YEARS OF ONTARIO GOVERNMENT SUPPORT OF THE ARTS
50 ANS DE SOUTIEN DU GOUVERNEMENT DE L'ONTARIO AUX ARTS

ONTARIO
Yours to discover

The best gig in town for local artists

Hometown talent.

Shannon Rose and the Thorns will make folk fest debut Thursday

SAMANTHA EVERTS
For Metro

From discovering budding young songstress Shannon Rose and the Thorns, to celebrating Juno Award-winner Lynn Miles, the Ottawa Folk Festival is proud of its hometown talent.

First-time festival performer Rose plays "soulful folk-pop" and is thrilled for the opportunity.

"Ottawa Folk Festival is the best gig in town for Ottawa artists," she said. "I'm so excited."

With her stunning vocals often compared to Sara Harmer, Rose will be performing songs off her Seasons album, including the poppy single Wild Wind, Thursday night with her backing band.

Rose had a hard time nar-



Shannon Rose and the Thorns will play the Hill Stage Thursday at 7 p.m. CONTRIBUTED

rowing down her top artist to see at this year's festival, but Patti Smith is at the top of her list.

"She's such an iconic performer," she said. "I'm really looking forward to seeing a

lot of the performances, including my musician friends from here in Ottawa."

Thursday night's concert will be Rose's first stop on her cross-Canada fall tour.

Singer-songwriter Lynn

Miles needs little introduction to anyone in the Canadian folk scene. She has been a fixture since her first album, *Slightly Haunted*, was released in 1996, and has made a career of touring the world.

"It's always great to play a festival in my hometown," said Miles, who has been on the road all summer supporting her new album *Davenport* and will play the RavenLaw Stage Sunday at 6 p.m.

"I get to see lots of familiar faces and then sleep in my own bed."

She counts the festival as being responsible for some of her career highlights, including opening for singer-songwriter Emmylou Harris.

"She's a musical hero. That was very special."

Along with her 2011 Canadian Folk Music English songwriter of the year award, Miles has been chosen by the Ottawa Folk Festival as the recipient of the Helen Verger Award, which honours an individual who has made significant, sustained contributions to folk or roots music in Canada.

"I feel undeserving and humbled to be in the company of past winners," Miles said of past recipients, who include Bruce Cockburn and Buffy Sainte-Marie.



Martyn Joseph will play the Hill Stage Saturday at 8 p.m. CONTRIBUTED

Festival freebies

There are a number of free activities you can take advantage of at the Ottawa Folk Festival, which runs through to Sunday at Hog's Back Park.

World-class acts like Robyn Hitchcock and Jeff Lang are playing two free stages to go along with a variety of family activities.

Getting in is a breeze thanks to NCC bike paths that lead you to free, secure bicycle parking.

Festival parking has been provided at no cost after 5 p.m. at the Canada Post parking lot off Riverside Drive for the first time. Be sure to browse the artisan vendors.

It's a rare opportunity to see legendary Welsh singer-songwriter Martyn Joseph for free. With half a million albums sold, thousands of international concerts and 30 albums to his name, catch his show Saturday at 8 p.m. at the Hill Stage.

Over at the Slackwater Stage Saturday at 5 p.m., watch singer-songwriter Danny Michel interview retired astronaut Chris Hadfield. Other workshops include introductions to ukulele playing at the Legacy Stage, and folk darling Hayden discussing the merits of home recording with Michael Feurstack of Snailhouse.

A KidZone on the weekend includes a "musical" petting zoo that will feature more than 100 instruments to touch and try, while any two left feet can take in a free dance workshop with talented instructors in the dance tent.

SAMANTHA EVERTS

Visit one of our Employment Access Centres to learn more:

West Location

1642 Merivale Road
Merivale Mall, 2nd floor
613-688-2150

Central Location

180 Argyle Avenue
Taggart Family Y, 4th floor
613-788-5001



Trent Severn will play the CUPE-SCFP Stage Saturday at 3 p.m. CONTRIBUTED

Pure Canadiana

Trent Severn's music is out of this world.

Touted by retired astronaut Chris Hadfield as a personal favourite while orbiting the Earth, the Stratford folk trio provided musical accompaniment to Hadfield's version of David Bowie's *Space Oddity*.

More than 17 million YouTube views later, "It blows my mind," said guitarist and vocalist Dayna Manning, who never expected to be exposed through viral video success.

"We had to do another album pressing," she said of the band's self-titled debut, which was released last fall.

Manning, vocalist Emm

Gryner, and violinist Laura C. Payton were determined to make Trent Severn's music about the folklore of Canada.

"We really wanted audiences to be involved with the songs and memories associated with them as collective experiences," she said.

With references to the LCBO, NHL hockey sweaters, and Brian Mulroney, Trent Severn's music is the sound of home.

It makes sense then that Hadfield would ask his old friend Gryner to send a love letter home in the Bowie classic.

"We folked it up," Manning said.

SAMANTHA EVERTS

ymcaywca.ca

EMPLOYMENT
ONTARIO

YMCA-YWCA of the
National Capital Region

Soccer

EPL has hindered Three Lions, FA chairman says

The Premier League has weakened the English national team, the head of English soccer said on Wednesday.

New Football Association chairman Greg Dyke says the league he helped establish in 1992 led to an influx of foreign players, denying first-team spot to homegrown prospects.

Dyke says the league is now "largely owned by foreign owners, managed by foreign managers and played by foreign players," which has "weakened, rather than strengthened" the England team.

In the first Premier League season, 69 per cent of starting players were English. Dyke said that number has since fallen to 32 per cent.

THE ASSOCIATED PRESS

Athletics

World's fastest man ready to slow down after Rio

Usain Bolt plans to retire after the 2016 Rio de Janeiro Olympics.

Bolt said Wednesday he wants to win more gold in Rio, set another world record in the 200 metres in 2014 and perhaps win gold at the Commonwealth Games. THE ASSOCIATED PRESS



Usain Bolt GETTY IMAGES

Jays put Bautista on shelf until 2014

MLB. Once again,
injury prematurely ends
Toronto star's season

Given the dramatic off-season overhaul, it's remarkable how much this miserable Blue Jays season feels just like last year.

The payroll jumped by 50 per cent, attendance is up by nearly 400,000 and the roster — well, mostly the disabled list — includes more former all-stars.

But the Jays are on pace to conclude just a couple of wins ahead of where they finished last year.

Another similarity: Face of the franchise Jose Bautista will once again finish his season on the DL.

Before Wednesday's extra-innings loss to the Arizona Diamondbacks, the Jays announced their slugging right-fielder — who underwent season-ending wrist surgery last August — will be shut down for the remainder of the season to let his leg injury fully heal.

Bautista has been on the disabled list for the past two weeks with nagging hip pain, which has now been diagnosed as a bone bruise in the neck of his left femur.

The leg has been healing well, Bautista said, but hip



Jose Bautista sits in the dugout during the Jays' loss on Wednesday in Phoenix. ROSS D. FRANKLIN/THE ASSOCIATED PRESS

specialist Dr. Bryan Kelly recommended two more weeks of rest, after which time the 32-year-old all-star would have to work himself back into game shape and would only be able to return to the big leagues in the final week of the season, at the earliest.

"We'll only have a handful of games left, so for those reasons he recommended I get shut down, and myself and the team agreed," Bautista said. "It's not exactly how I wanted to end this season, but ... it's the only way you can heal up. I have no choice but to follow the doctor's recommendations."

The fact that the Jays are not in contention also played into the decision.

"Just a combination of all the factors timing-wise: Our team situation, the type of injury and the extent of the injury," Bautista said.

Last July, Bautista, who has 28 home runs this season, suffered an injury to a tendon in his left wrist on the follow-through of a swing. He said he's frustrated by how the past two years have ended.

"I'm one of those players that takes a lot of pride in working out hard and coming in really good shape in the off-season. Unfortunately, I had two impact plays that prevented me from finishing the season strong in the last two years. I'm hoping I have better luck next year."

TORSTAR NEWS SERVICE

Moving toward 200

"I'm in striking distance so I'm going to go out there and try to finish the season strong."

Mark Buehrle, who is fewer than 15 innings from reaching 200 innings pitched after throwing 6 1/3 frames in Wednesday's 4-3 loss to the Diamondbacks

4 SPORTS



ottawa sport plus

REGISTRATION: ONLINE ONLY
ottawasportplus.com

For more information: 613-220-2266

**Adult Co-Ed Volleyball,
Ping Pong & Dodgeball Leagues**

RECREATIONAL TO COMPETITIVE LEVELS

LEAGUES START LATE SEPTEMBER 2013 AND RUN THROUGH TO APRIL 2014
CHOOSE FROM SUNDAY TO THURSDAY NIGHT PLAY
JOIN AS A TEAM OR INDIVIDUAL



Kickoff sneak preview

Still smarting from their heart-breaking loss in the divisional round of the playoffs, the Denver Broncos will look to get even with the champion Baltimore Ravens when the season kicks off Thursday night. Here are five things to watch for.

THE ASSOCIATED PRESS

Photos by Getty Images



Road Ravens

Joe Flacco looms larger than life in Denver.

The NFL's marketing machine put up gigantic banners of Flacco alongside Peyton Manning on the Broncos' stadium to promote the league's first game of the 2013 season.

Denver fans have voiced their displeasure.

Elvis returns

Pro Bowl pass rusher Elvis Dumervil had 11 of the Broncos' league-leading 52 sacks in 2012.

Dumervil signed with the Ravens in free agency after his infamous fax foul-up in Denver led to his release by the Broncos.



Rahim's redemption

Safety Rahim Moore is out to make amends for the most memorable mistake in Denver's playoff loss, when he mistimed his jump on Flacco's heave to Jacoby Jones.

"If anything, he's used it as motivation," Broncos secondary coach Cory Udlin said.

Record returner

Trindon Holliday piled up an NFL-record 248 yards in returns against the Ravens in January.

Denver's diminutive returner became the first NFL player to take back both a punt and a kickoff for TDs in a playoff game.

Those touchdowns were the longest punt (90 yards) and kickoff (104 yards) returns for scores ever in the post-season.



Ravens rebuilt

For the first time in the Ravens' 18-year existence, Ray Lewis isn't manning middle linebacker. Daryl Smith, who signed a free-agent deal in June, is the veteran replacement.

The Ravens also said goodbye to the likes of Ed Reed, Bernard Pollard and Anquan Boldin.

Marc Trestman

Ex-Als coach not the sappy type

Marc Trestman wasn't about to wax poetic.

He makes his debut as an NFL head coach when the Chicago Bears host the Cincinnati Bengals, and to say he's come a long way is no exaggeration.

After years as an assistant in the league and on the college level before heading to the CFL, Trestman finally has his opportunity. Just don't expect him to get all sentimental when he walks into Soldier Field on Sunday.

"I would think it's going to be all business," Trestman said. "I just can't see it being bigger than that — focus on the football team and my job during the course of the game. I'm certainly very appreciative going out there being the head coach of the Chicago Bears on Sunday. There's no doubt about it. But my focus is to continue to prepare this week and go out and do my job on Sunday."

THE ASSOCIATED PRESS

Lance Armstrong

Judge orders cyclist to answer PED questions in court

A Texas judge is pushing Lance Armstrong closer to his first sworn testimony on details of his performance-enhancing drug use, ordering the cyclist to answer questions about who knew what and when about his doping.

Nebraska-based Acceptance Insurance Holding is seeking the information in its lawsuit to recover \$3 million in bonuses it paid Armstrong from 1999 to 2001. A judge previously refused to dismiss the case.

Acceptance is trying to prove a years-long conspiracy and coverup by Armstrong to commit fraud. It wants to know when several of Armstrong's personal and business associates first learned of his doping.

Armstrong's attorneys objected to those demands in court documents, arguing he already has acknowledged cheating and that Acceptance is engaged in a "harassing, malicious ... fishing expedition" intended to "make a spectacle of Armstrong's doping."

THE ASSOCIATED PRESS

U.S. Open. Pennetta advances to semifinals by beating longtime rival

Flavia Pennetta knew her opponent's game almost as well as she knows her own.

She came out a winner Wednesday over Roberta Vinci in the most important meeting between the Italians over a friendship and rivalry that has lasted more than 20 years.

Blunting Vinci's net attacks, taking away her deft drop shots and preying on her nerves, Pennetta made it to her first Grand Slam semifinal and climbed back to the top of Italy's competitive tennis ladder Wednesday with a 6-4, 6-1 win at the U.S. Open.

"I know how she plays, she knows everything of me," Pennetta said about her 10th-seeded opponent. "We get in the court, and I think today was more about inside, not about tennis. It was about how you play, how you feel in the court, and how can you handle the situation."

Pennetta will next play No. 2 Victoria Azarenka, who defeated 48th-ranked Daniela Hantuchova 6-2, 6-3 later Wednesday. No. 1 Serena Williams and No. 5 Li Na won Tuesday to secure spots in the other semifinal.



Flavia Pennetta advanced to the semifinals by beating Roberta Vinci. AL BELLO/GETTY IMAGES

After Pennetta's win, eighth-seeded Richard Gasquet got the first spot in this year's men's semifinals, defeating No. 4 David Ferrer 6-3, 6-1, 4-6, 2-6, 6-3 in a match that ran three hours 23 minutes. THE ASSOCIATED PRESS

On the web

For more U.S. Open coverage, go to metronews.ca.



MLB

AMERICAN LEAGUE

EAST DIVISION

	W	L	Pct	GB
Boston	83	57	.593	—
Tampa Bay	76	61	.555	5½
New York	74	64	.536	8
Baltimore	73	64	.533	8½
Toronto	64	76	.457	19

CENTRAL DIVISION

	W	L	Pct	GB
Detroit	81	58	.583	—
Cleveland	73	65	.529	7½
Kansas City	72	66	.522	8½
Minnesota	61	77	.442	19½
Chicago	56	81	.409	24

WEST DIVISION

	W	L	Pct	GB
Oakland	80	59	.576	—
Texas	80	59	.576	—
Los Angeles	64	73	.467	15
Seattle	62	76	.449	17½
Houston	46	93	.331	34

Wednesday's results

Houston 6 Minnesota 5
Oakland 11 Texas 4
Chicago White Sox at N.Y. Yankees
Baltimore at Cleveland
Detroit at Boston
Seattle at Kansas City
Tampa Bay at L.A. Angels

Tuesday's results

Minnesota 9 Houston 6 (12 inn.)
Texas 5 Oakland 1
Tampa Bay 7 L.A. Angels 1
Kansas City 4 Seattle 3
N.Y. Yankees 6 Chicago White Sox 4
Cleveland 4 Baltimore 3
Boston 2 Detroit 1

Thursday's games

All times Eastern

Seattle (Saunders 11-13) at Kansas City (Guthrie 13-10), 2:10 p.m.
Chicago White Sox (Quintana 7-5) at Baltimore (Gonzalez 8-7), 7:05 p.m.
Boston (Peavy 11-5) at N.Y. Yankees (Nova 8-4), 7:05 p.m.
Tampa Bay (Price 8-6) at L.A. Angels (Williams 5-10), 10:05 p.m.
Houston (Peacock 3-5) at Oakland (Gray 2-2), 10:05 p.m.

NATIONAL LEAGUE

EAST DIVISION

	W	L	Pct	GB
Atlanta	85	54	.612	—
Washington	70	68	.507	14½
New York	63	75	.457	21½
Philadelphia	63	76	.453	22
Miami	52	86	.377	32½

CENTRAL DIVISION

	W	L	Pct	GB
Pittsburgh	81	57	.587	—
St. Louis	79	59	.572	2
Cincinnati	78	61	.561	3½
Milwaukee	59	79	.428	22
Chicago	59	80	.424	22½

WEST DIVISION

	W	L	Pct	GB
Los Angeles	83	55	.601	—
Arizona	70	68	.507	13
Colorado	65	75	.464	19
San Diego	62	76	.449	21
San Francisco	61	77	.442	22

Wednesday's results

Arizona 4 Toronto 3 (10 inn.)
N.Y. Mets 5 Atlanta 2
Chicago Cubs 9 Miami 7
San Francisco at San Diego
Washington at Philadelphia
St. Louis at Cincinnati
Pittsburgh at Milwaukee
L.A. Dodgers at Colorado

Tuesday's results

Toronto 10 Arizona 4
Miami 6 Chicago Cubs 2
Cincinnati 1 St. Louis 0
Atlanta 3 N.Y. Mets 1
San Diego 3 San Francisco 2
Washington 9 Philadelphia 6
Pittsburgh 4 Milwaukee 3
L.A. Dodgers 7 Colorado 4

Thursday's games

All times Eastern

St. Louis (Lynn 13-9) at Cincinnati (Cin-gram 6-3), 7:10 p.m.
Arizona (Cahill 5-10) at San Francisco (Vogelsong 3-4), 10:15 p.m.

CFL

EAST DIVISION

	GP	W	L	T	PF	PA	Pts
Toronto	9	5	4	0	253	229	10
Hamilton	9	4	5	0	229	248	8
Montreal	9	4	5	0	215	248	8
Winnipeg	9	1	8	0	192	295	2

WEST DIVISION

	GP	W	L	T	PF	PA	Pts
Saskatchewan	9	8	1	0	312	202	16
Calgary	9	7	2	0	298	234	14
B.C.	9	6	3	0	236	229	12
Edmonton	9	1	8	0	222	272	2

Tuesday's result

Montreal 20 Toronto 9

WEEK 11

Friday's game

All times Eastern

Calgary at Edmonton, 9 p.m.

Saturday's game

B.C. at Hamilton, 4 p.m.

Sunday's games

Toronto at Montreal, 1 p.m.

Saskatchewan at Winnipeg, 4 p.m.

MLS

EASTERN CONFERENCE

	W	L	T	GF	GA	Pts
Montreal	12	7	6	41	35	42
New York	12	9	6	40	35	42
Kansas City	12	9	6	38	27	42
Philadelphia	10	8	9	37	37	39
New England	10	9	7	35	25	37
Houston	10	8	7	30	29	37
Chicago	10	10	5	31	35	35
Columbus	8	13	5	29	35	29
Toronto	4	12	10	23	35	22
D.C.	3	18	5	16	43	14

WESTERN CONFERENCE

	W	L	T	GF	GA	Pts
Salt Lake	14	8	6	52	35	48
Los Angeles	13	9	4	43	32	43
Seattle	12	8	4	32	26	40
Colorado	10	8	9	34	29	39
Portland	9	5	12	39	30	39
Vancouver	10	9	7	38	35	37
Dallas	9	7	10	36	38	37
San Jose	9	11	7	28	40	34
Chivas	5	14	7	26	47	22

Wednesday's results

Houston at Columbus

Chivas at Seattle

Saturday's games

All times Eastern

Columbus at Kansas City, 8:30 p.m.

Vancouver at Dallas, 8:30 p.m.

Chicago at Seattle, 10 p.m.

Colorado at Los Angeles, 10:30 p.m.

Toronto at Portland, 11 p.m.

Horoscopes

Aries

March 21 - April 20

No one in their right mind would knowingly annoy you so likely the reason a colleague is being such a pain today is because they are stupid rather than hateful. Don't hit back.

Taurus

April 21 - May 21

You like a challenge and that's just as well as the challenges now coming your way will be bigger than anything you have faced before. You will enjoy showing the world what a dynamic Taurus you are.

Gemini

May 22 - June 21

You may come in for criticism today but no way will you take it lying down. The more others bark at you, the more you will bark back. You may not be the biggest beast on the block but you are the loudest.

Cancer

June 22 - July 23

Whatever you start over the next 24 hours you must see through to completion, so make sure it is what you really want to be doing. If you are still undecided then forget it.

Leo

July 24 - Aug. 23

Today's new moon will encourage you to believe that you can do more in your career and that you can turn your talents into hard cash. Remember: If a job is worth doing it is worth getting well paid for.

Virgo

Aug. 24 - Sept. 23

Today's new moon in your sign means you are capable of feats that ordinary mortals cannot compete with. But don't do things to impress. Do them to further your ambitions.

Libra

Sept. 24 - Oct. 23

People are not blocking your way deliberately, although it may seem like it. Look at your own state of mind. It will tell you more than what partners or co-workers are up to.

Scorpio

Oct. 24 - Nov. 22

What you gain will be more important than what you lose today, so don't try to hang on to what is clearly moving away from you. Life is an eternal revolving circle — enjoy the ride.

Sagittarius

Nov. 23 - Dec. 21

If you start something new today, your name will soon be in lights. The new moon means you have the vision, and the confidence, to make a success of whatever you are planning.

Capricorn

Dec. 22 - Jan. 20

What happens over the next 24 hours will make it clear that a more positive cycle is starting. You don't have to do anything special but you do have to be ready to travel quickly.

Aquarius

Jan. 21 - Feb. 19

If you have financial issues to deal with, now is the ideal time to get serious about them. The new moon will inspire you to knuckle down and find solutions to problems that others have given up on.

Pisces

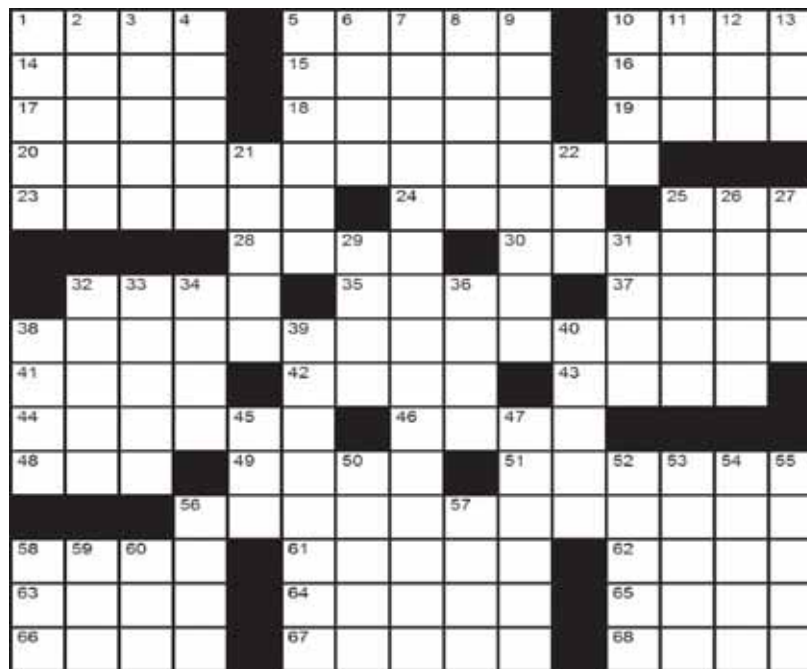
Feb. 20 - March 20

You cannot afford to be soft or sentimental. Cosmic activity in your opposite sign demands that you see things, relationships especially, as they are, not as you wish they might be. Be tough with others but more so with yourself. **SALLY BROMPTON**

Crossword: Canada Across and Down

Across

- Annoyed state
- Daniel __, Robinson Crusoe author
- Cape Canaveral org.
- Culture medium
- Ring-shaped coral island with a lagoon in the middle
- Amazes
- Trojan princess in Mozart's opera Idomeneo
- 'R' of US state RI
- Slowly advance
- tiff. = Toronto International ____
- Maintain, as an opinion
- Necklace bit
- Slalom
- Dubuque's locale
- Wobble
- Used a loom
- Singer style
- Annoy
- Sir Wilfrid Laurier is on them: 3 wds.
- Roll ____ (Have one's turn in board game playing)
- Plane crash investigation agcy.
- Depend on
- Movie legend Marilyn (b.1926 - d.1962)
- __ hat for the



- lady (Be gentlemanly)
- Meadow mom
- __ collar
- Media company acquired by Bell
- Canada Post business: 2 wds.
- "Whoopie!"
- Easily duped
- Perceived
- Canadian actor Mr. Cronyn, star of the flick at #57-Down

- Decorative pin holders
- Actress, __ Rachel Wood
- Russian city
- Convened again
- Prefix to 'phone'

Down

- Seaport of Israel
- Citrus hybrids
- Gets an F on
- Set up

- __ be different (Nonconformist's credo)
- Shakespearean suffixes
- Where to attend a CFL game: 2 wds.
- Musical blast from the past
- "Love in an __" by Aerosmith
- Painting holder
- Barley bristle

- "Hey! Hold on a __!"
- Volcanic eruption stuff
- Used a pan
- Fruit drink
- Motionless
- __ green
- Furies
- Mr. Disney
- __ Canal
- Franz Lehar operetta, The Merry __

See today's answers at metronews.ca/answers.

BY KELLY ANN BUCHANAN

- Sheep-like
- Sharply turn
- __ Inter-national (Canadian womenswear chain, once)
- Renown
- Stand-up's quick joke
- Enforcer in "The Godfather" (1972), Luca __
- Chance __ lifetime
- Most faint
- Uplift
- Clicker-holder's target: 2 wds.
- Actor Christopher
- "He's __ Nowhere Man..." - The Beatles
- Jeff of ELO
- Docile
- "A Letter for __" (1946)
- British Sci-Fi series, "Doctor __"
- Sing wordlessly
- First aid team [acronym]

Yesterday's Crossword



Sudoku

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

Yesterday's Sudoku



Today



16°/6°
Mainly sunny

Friday



21°/15°
Sunny

Know what the weather
will be 14 days from now.
Check the 14 day trend.

TWN incorporates MSC data

visit metronews.ca



QuestChat
NORTH AMERICA'S BESTEST CHAT LINE

FREE TRIAL

613.232.4444
Other Cities: 1.888.482.8282

Dial #CHAT (87428) 39/min
Text "QUEST" to 96669 \$5/0min
Free trial not applicable on #CHAT

questchat.com 1.888.482.8282 www.1.888.482.8282

*18+ RESTRICTIONS APPLY



Canadian Inspired
Made in USA—Sweatshop Free
Operated by Dov Charney

American Apparel SPORTS

American Apparel is Sweatshop-Free.

All American Apparel factories are located in Los Angeles and are Sweatshop-Free, meaning our workers earn fair wages and have access to affordable healthcare, as well as an on-site medical clinic. For us, higher pay for industrial workers leads to stronger employee morale, optimized productivity and efficiency, a better and more consistent quality of work and ultimately a happier employee who wants to stay and grow with the company. Rather than relentlessly pursuing outsourcing and low-cost wages, at American Apparel we are committed to leveraging art, design and technology to advance our business process.

Retail Location:

Ottawa—Rideau Centre
Rideau Centre Mall
Tel. (613) 237-2297

